

NORTH ATLANTIC BOOKS RIGHTS GUIDE



NEW RELEASES
SPRING 2024

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HEALTH & HEALING



Whole Medicine

A Guide to Ethics and Harm-Reduction for Psychedelic Therapy and Plant Medicine Communities

Preparing leaders and seekers to set boundaries, share power, and navigate consent

REBECCA MARTINEZ

A comprehensive framework for ethical psychedelic medicine—a guide for therapists, trip sitters, and anyone concerned about upholding boundaries and safety in the entheogen and plant medicine community

Psychedelic advisor Rebecca Martinez lays out the groundwork for an ethical approach to 21st-century psychedelic therapy. Applying a social-justice lens to entheogenic practice, Martinez provides practical guidance for psychedelic sitters, advocates, explorers, and those practicing (or learning to practice) licensed psychedelic therapy.

As psychedelics become a more accessible pathway to healing, how do practitioners—and seekers—navigate complex issues in a wide range of settings? Here, you'll learn skills like:

- Understanding consent and boundaries
- Building safe and ethical psychedelic experiences
- How to integrate the cultural and historical contexts of plant medicines
- Considering the psychological risks and benefits of psychedelic therapy
- How to apply a social-justice lens to entheogenic healing

Martinez also discusses how, in many corners of the psychedelic community, an overemphasis on positivity can overwhelm attempts to challenge abuses of power; dismantle internalized hierarchies; and acknowledge and integrate our own flaws and traumas.

An essential guide for any psychedelic therapist, entheogenic guide, or mind-expanding medicine enthusiast, *Whole Medicine* brings much-needed conversations about ethics, boundaries, and informed use out of the shadows for better, safer, community-centered psychedelic healing.

FOR PSYCHEDELIC THERAPISTS, HEALERS, and USERS: Designed to be in healing contexts; includes everything you need to know to create successful and ethical psychedelic healing experiences

FILLS A GAP: There are currently no books on the why and how of creating and respecting boundaries within psychedelic therapy work.

PSYCHEDELIC GUIDE, UPDATED: Meets the growing needs of psychedelic users and therapists—not your 1970's guide.

BOUNDARIES, ETHICS, AND SAFER USE: Discusses key issues that have long been whispered about, but not openly addressed in books.

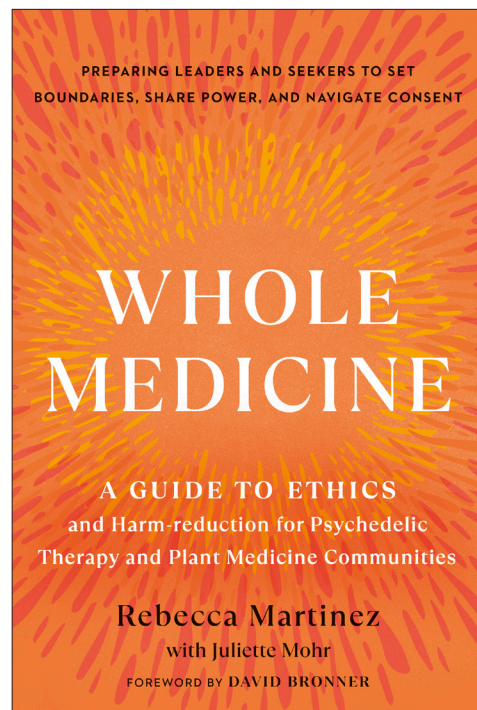
RESPONSIVE TO COMMUNITY NEED: With podcasts like NY Mag's *Cover Story* exposing the underbelly of psychedelic therapy, the community needs (and has asked for) resources on safe, ethical, boundary-respecting psychedelic use

RESTORATIVE JUSTICE: Calls perpetrators of psychedelic therapy abuse to account in a way that leads to real, enduring change

EXPERT AUTHOR: Martinez is a psychedelic advisor, speaker, and community leader with deep roots in the psychedelic therapy space. She was involved in the formation of Oregon's Measure 109's psilocybin services framework.

AUTHOR BIO

REBECCA MARTINEZ is a Xicana writer, community organizer, and social entrepreneur who from and lives in Portland, Oregon. Martinez explores the intersections between collective healing, systems design, and expanded states of consciousness. She is a student of transformative justice, Emergent Strategy, Somatic Abolitionism, and regenerative landscape design. She is the Founder and Executive Director of Alma Institute, a nonprofit educational institution that equips students from marginalized communities to become legal psilocybin facilitators. She's a Co-Founder of Fruiting Bodies Collective and a staff member of the Measure 109 campaign which produced the Psilocybin Services Act, the first-ever state program to provide community-based, legal access to psilocybin services. Martinez is an advisor to the American Psychedelic Practitioners Association, the National Psychedelics Association, and the Plant Medicine Healing Alliance. She is a voice on psychedelic justice and has been featured in *Business Insider*, *STAT News*, *Lucid News*, and *Psychedelics Today*.



ON SALE 1/16/2024
Rights: WORLD
TR: 9781623178550 / \$19.95/\$25.95
Page Count: 280 Trim Size: 6 x 9

BISAC 1: Body, Mind & Spirit - Entheogens & Visionary Substances
BISAC 2: Psychology - Psychotherapy - General
BISAC 3: Health & Fitness - Alternative Therapies

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Chapter 1 Introduction	Chapter 8 Pacing
Chapter 2 Inner Work	Chapter 9 Consent
Chapter 3 Discernment	Chapter 10 Presence
Chapter 4 Community	Chapter 11 Accountability
Chapter 5 History	Chapter 12 Hope
Chapter 6 Shadow	Chapter 13 Conclusion
Chapter 7 Power	Chapter 14 References

TARGET CONSUMER

PRIMARY: Psychedelic therapists looking for practical, up-to-date resources on ethics, boundaries, and safer use

SECONDARY: Seekers of psychedelic therapy

TERTIARY: Trauma-informed therapists and clinicians working with survivors of psychedelic/sexual abuse

COMP TITLES

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Consciousness Medicine/Bourzat, Françoise/TR	9781623173494	6/25/19	North Atlantic Books	\$17.95/\$23.95	13.3k
Trauma 12 Steps Rev/Marich, Jamie/TR	9781623174682	7/07/20	North Atlantic Books	\$18.95/\$24.95	9.8k

The Land in Our Bones

Plantcestral Herbalism and Healing Cultures
from Syria to the Sinai—Earth-based pathways to
ancestral stewardship and belonging in diaspora

LAYLA FEGHALI

A profound and searching exploration of the herbs and land-based medicines of Lebanon and Cana'an—a vital invitation to re-member our roots and deepen relationship with the lands where we live in diaspora

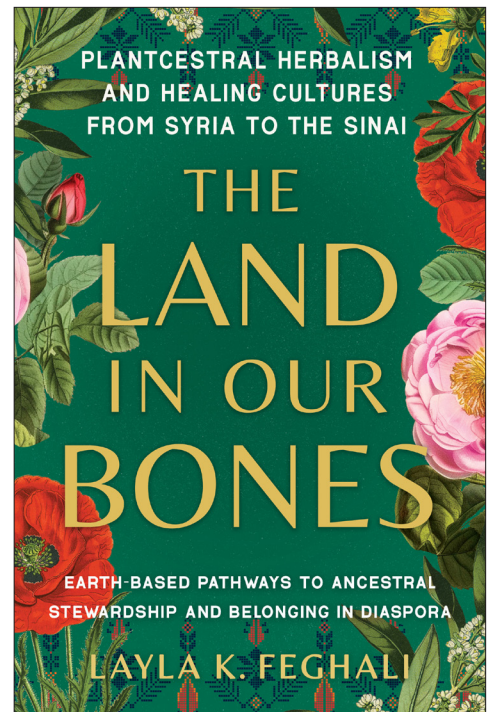
Tying cultural survival to earth-based knowledge, Lebanese ethnobotanist, sovereignty steward, and cultural worker Layla K. Feghali offers a layered history of the healing plants of Cana'an (the Levant) and the Crossroads ("Middle East") and asks into the ways we become free from the wounds of colonization and displacement.

Feghali remaps Cana'an and its crossroads, exploring the complexities, systemic impacts, and yearnings of diaspora. She shows how ancestral healing practices connect land and kin—calling back and forth across geographies and generations and providing an embodied lifeline for regenerative healing and repair.

Anchored in a praxis she calls Plantcestral Re-Membrance, Feghali asks how we find our way home amid displacement: How do we embody what binds us together while holding the ways we've been wrested apart? What does it mean to be *of a place* when extraction and empire destroy its geographies? What can we restore when we reach beyond what's been lost and tend to what remains? How do we cultivate kinship with the lands where we live, especially when migration has led us to other colonized territories?

Recounting vivid stories of people and places across Cana'an, Feghali shares lineages of folk healing and eco-cultural stewardship: those passed down by matriarchs; plants and practices of prenatal and postpartum care; mystical traditions for spiritual healing; earth-based practices for emotional wellness; plant tending for bioregional regeneration; medicinal plants and herbal protocols; cultural remedies and recipes; and more.

The Land in Our Bones asks us to reclaim the integrity of our worlds, interrogating colonization and defying its "cultures of severance" through the guidance of land, lineage, and love. It is an urgent companion for our times, a beckoning call towards belonging, healing, and freedom through tending the land in your own bones.



FOR SWANA DIASPORA READERS looking to reconnect with their roots, ancestral wisdom, and cultural practices.

FOR HERBALISTS AND PLANT-BASED HEALERS looking for a deep and comprehensive survey of Earth-based medicines.

COMPREHENSIVE HEALING PRACTICES: For the individual and the collective tending wounds of colonialism and empire. Covers herbs, plants, medicinal foods, mystical healing practices, ancestral connections, relating to many homes, and more.

POETIC AND BEAUTIFULLY WRITTEN: Feghali's writing style wraps you up and transports you. It's an evocative, sensorial experience.

THIRD CULTURE EXPERIENCE: Speaks directly to readers straddling the cultures, practices, and traditions of their ancestors and those of their current homes.

SPEAKS TO GRIEF and honors the complex and nuanced loss that comes with displacement and diaspora.

PLANT-BASED KNOWLEDGE that will be enriching and valuable to any herbalism reader.

AUTHOR BIO

LAYLA K. FEGHALI is a cultural worker and folk herbalist who lives between her ancestral village in Lebanon, and California, where she was raised. Feghali's work is about restoring relationships to earth-based ancestral wisdom as an avenue towards eco-cultural stewardship, healing, and liberation. Feghali's methods emphasize plants of place and lineage. Her company, River Rose Re-membrance, features a line of plantcestral medicine, education, and other culturally-rooted offerings. It also hosts the Ancestral HUB, an online space for the cross-pollination of ancestral knowledge across diasporic and home communities from Southwest Asia and North Africa. Feghali has formal certifications and colloquial training in numerous herbal, therapeutic, cultural, and traditional practices for over a decade. Amongst which, she also supports birth-tending processes, and is a certified teacher of Embodiment/Birth™/BellydanceBirth®. Feghali builds on a background in movement building, and a MSW, in which she specialized in cultural interventions for addressing trauma and grief.

ON SALE 2/13/2024
Rights: WORLD
TR: 9781623179144 / \$24.95/\$33.95
Page Count: 368 Trim Size: 6 x 9

BISAC 1: Health & Fitness - Herbal Medications
BISAC 2: Social Science - Cultural & Ethnic Studies - Middle Eastern Studies
BISAC 3: Nature - Regional

CONTENTS

PART I: TRACING ROOTS, TENDING FUTURES

- Chapter 1 Re-Membering the Crossroads
- Chapter 2 Plantcestral Re-Membrance

PART II: FOOD IS OUR MEDICINE, LOVE IS OUR MEDICINE

- Chapter 3 Tending “Weeds”
- Chapter 4 Man’oushet Za’atar: Street Food Staples
- Chapter 5 Floral Foods
- Chapter 6 Fruit of the Tree
- Chapter 7 Zeitoon, Tree of Life

PART III: MATRIARCHAL MEDICINES: TENDING THE LIFE IN FRONT OF US

- Chapter 8 Birth Is a Sacred Threshold

Chapter 9 Postpartum Protocols for the Nafseh

Chapter 10 Raqs Baladi: A Spiritual and Somatic System of Health

Chapter 11 Wayfinding

Chapter 12 Holy Archetypes of the Mother and Their Plantcestral Legacies

PART IV: SOUL MEDICINE AND THE RITUAL OF BELONGING

Chapter 13 Rouhaniyat: Mystical Traditions and Elemental Healing Lineages

Chapter 14 Country of the Living: Arz Libnan

Chapter 15 The Ritual of Belonging

Meaningful Language Glossary

Herbal Actions Glossary

TARGET CONSUMER

PRIMARY: Millennial and Gen-Z Canaan/Lebanese/SWANA diaspora readers with interests in connecting to their roots; ancestral healing; place-based wisdom traditions; and herbalism/food/plant medicine.

SECONDARY: Herbalism readers and plant-medicine practitioners of different backgrounds, specifically those living in diaspora.

TERTIARY: Herbalism and plant medicine readers broadly. Readers interested in SWANA history.

COMP TITLES

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Fresh Banana Leaves/Hernandez, PH.D., Je.../TR	9781623176051	1/18/22	North Atlantic Books	\$17.95/\$23.95	17.5k
The Intimate Herbal/White, Marie/TR	9781623176631	6/14/22	North Atlantic Books	\$18.95/\$24.95	1.1k
Ashkenazi Herbalism/Cohen, Deatra/TR	9781623175443	4/6/21	North Atlantic Books	\$24.95/\$33.95	9.1k
Mirrors in the Earth/Suler, Asia/TR	9781623176914	6/28/22	North Atlantic Books	\$19.95/\$25.95	8.0k

SOMATICS



Returning Home to Our Bodies

Reimagining the Relationship Between Our Bodies and the World

Practices for connecting somatics, nature, and social change

ABIGAIL ROSE CLARKE

For readers of adrienne maree brown, Staci K. Haines, and Robin Wall Kimmerer

A body-based healing model that interrogates what we've been wrongly taught about hierarchies of nature and the body—and pushes back against the white supremacy, colonialism, patriarchy, and capitalism embedded in modern embodiment practices.

Pushing back against a consumerist, pleasure-centric somatics industry that privileges product over process, Abigail Rose Clarke reminds us that *truly* meaningful embodiment practice nurtures our relationships among self, nature, and community.

Combining the rigor of the scientific method with the poetry and lyricism of movement and somatic studies, Clarke's somatic learning system—The Embodied Life Method—centers the body as a guide through today's most seemingly intractable social and environmental challenges, reclaiming the body as a source of liberatory comfort in times of great uncertainty and yet, possibility.

With tools and practices to help us better understand and dismantle the many ways our bodies are weaponized to serve domination systems, topics covered include:

- Harnessing the vitality of curiosity and experimentation
- Using nature as a guide to possibility
- Embracing the necessity of difference
- Exposing the lie of universal isolation
- Dismantling the fallacy of hierarchy
- Uncovering the truth of endless capacity
- Awe as a driving force for transformation

With methods honed over decades of inquiry, teaching, and practice, *Returning Home to Our Bodies* provides a lucid, body-based model of healing and restoration—one that imagines a world beyond systems of domination, marginalization, and isolation to nurture embodied, whole-community liberation.

FOR READERS OF *THE POLITICS OF TRAUMA*, *MIRRORS IN THE EARTH*, AND *PLEASURE ACTIVISM*.

SOMATICS FOCUS: Contributes to a growing demand for body-based stories and healing modalities.

ANTI-OPPRESSIVE LENS: This book explicitly aims to elucidate, and dismantle, the ways our bodies have been weaponized to serve white supremacy, patriarchy, and other dominator systems.

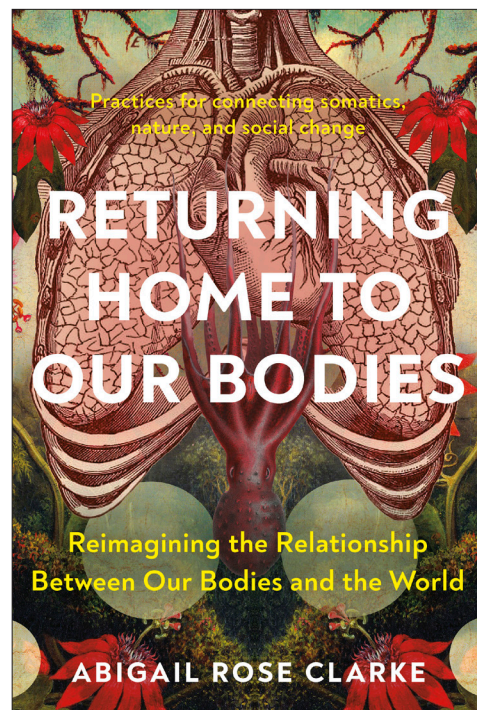
EXPERT AUTHOR: Clarke has a large (and growing) following and a substantial reputation at the crossroads of somatics and justice work.

MULTI-DISCIPLINARY APPROACH: Clarke combines the rigor of the scientific method, in which hypotheses are tested and researched, with the poetry and lyricism of movement and somatic studies.

UNIQUE VOICE AND METHODOLOGY: Introduces The Embodiment of Life Method, developed and refined by Clarke herself.

AUTHOR BIO

ABIGAIL ROSE CLARKE is somatic facilitator who was born in and currently lives in Western Massachusetts. Clarke helps people return to a comfortable relationship with their bodies. She teaches that people can use the inherent wisdom of their bodies to be in direct conversation with creativity and aliveness as a way to dismantle oppressive systems and build generative and deeply relational futures. She utilizes somatics and mindfulness. Clarke works with people ranging from CEOs and Board Directors to schoolteachers and parents. She holds a weekly somatic learning space called Anchor Community. Clarke is the creator of The Somatic Tarot, a method of engaging with the archetype Tarot in ways that are rooted in liberatory practices, as a guide to a healing future. Her work is enormously influenced by her study and practice of Embodyoga®, of which she is a senior teacher, as well as her background in kinesiology and psychology.



ON SALE 1/9/2024
Rights: WORLD
TR: 9781623179380 / \$19.95/\$25.95
Page Count: 288 Trim Size: 6 x 9

BISAC 1: Body, Mind & Spirit - Inspiration & Personal Growth
BISAC 2: Health & Fitness - Healing
BISAC 3: Social Science - Activism & Social Justice

CONTENTS

Introduction

- Rooting into the practice of curiosity allows our thinking to branch out in necessary ways
- The risk and importance of being wrong
- How the body and somatics can keep us grounded in possibility while liberating us from the need to be right or the fear of being wrong

Part 1: The romantic body

- The body as a guide to dismantle dehumanizing systems. Nature as a guide to what is possible.
- The somatics of trees: learning from the natural world
- Gravity's affect on the skeletal system as a model of the strength in fluidity and the risk of rigidity
- Physical structure as relational and adaptive rather than prescriptive

Part 2: A rainbow of tones.

- Tension and separation, as necessary difference
- The mind of movement
- How this influences our work towards a healing future

Part 3: Lies of isolation

- Anatomy vs Somatics: parts vs whole
- Whole as generative
- Understand the parts to live in the whole
- Queer theory of the mesentery, and mesentery/belly organs as a model of community wholeness

Part 4: Cellular communication

- Cellular biology is cellular communication
- Without boundaries and differentiation, there is no community
- Interdependence requires space and individuation
- Skin and membranes as teachers of healthy, generative, and permeable boundaries

Part 5: The fallacy of hierarchy

- The body offers a model of non-linear, supportive community
- Cellular respiration as an example of mutual aid, and what might exist beyond hierarchical systems

Part 6: The myth of endless capacity

- The heart beat as a guide to rest
- The breathing diaphragm, pericardium, and breath cycle as models of reciprocal support

Part 7: Awe as a driving force

- Giving attention to what inspires
- Processes to rehydrate our innate curiosity, supported by neuroplasticity research
- Awe changes relationships, and culture is a collection of relationships
- Envisioning a culture rooted in awe and engaged curiosity

TARGET CONSUMER

PRIMARY: Readers seeking to better understand, harness, and transform their bodies in harmony with broader justice-minded movements.

SECONDARY: Somatic practitioners seeking to enhance their methods, tools, and techniques with an expanded anti-oppressive awareness.

TERTIARY: Social-change activists interested in politics of the body and the ways it's been colonized to support forces of domination.

ANCILLARY: Readers seeking biomimicry and nature-based solutions to heal our bodies and communities.

COMP TITLES

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Politics of Trauma/Haines, Staci K./TR	9781623173876	11/19/19	North Atlantic Books	\$19.95/\$25.95	11.3k
Stalking Wild Psoas/Koch, Liz/TR	9781623173159	5/7/19	North Atlantic Books	\$19.95/\$25.95	3.0k
Mirrors in the Earth/Suler, Asia/TR	9781623176914	6/28/22	North Atlantic Books	\$19.95/\$25.95	7.8k

Conscious Moving

An Embodied Guide for Healing, Learning, Contemplating, and Creating

Unveiling the power of intentional movement in education, therapy, art, and self-reflection

CHRISTINE CALDWELL, PHD

Conscious Moving extends from one transformative belief: *we feel more human, more empowered, and more ourselves when we live from that place within us—and all around us—that simply moves.* And when we examine and trust in the emerging and evolving movement of our minds and bodies, we can better harness the tools needed to expand our creativity, wellbeing, and learning.

Body-based psychotherapist, movement specialist, and renowned author-educator Christine Caldwell (*Oppression and the Body*) offers a radically ambitious mode of somatic awareness and inquiry—and shows how designing our own conscious movement practices can improve not only our own lives, but our relationships, communities, and culture.

This anthology explores how movement practices can help us be more present; more grounded and intentional in responding to and working with experiences in the moment; and claim our own bodily autonomy. Caldwell and contributors explore these key benefits and applications in four critical areas:

- Creativity
- Contemplation
- Healing
- Learning

Rooted in both ancient and modern scientific ways of knowing, *Conscious Moving* imparts fundamental principles and tools applicable to a broad spectrum of fields and professions. Topics explored in partnership with conscious movement practice include: Trauma and Oppression, Isolation and Loneliness, Addiction, Group Therapy, Sexuality, Creative Arts, and Grief.

Encouraging each reader to pay attention to—and honor—their own embodied intuition, *Conscious Moving* is a non-prescriptive guide to accessing body-based wisdom for personal growth, community impact, and widespread social change.

FOR READERS OF *THE POLITICS OF TRAUMA*, *OPPRESSION AND THE BODY*, *BODYFULLNESS* AND *STALKING THE WILD PSOAS*. FOR FANS OF RESMAA MENAKEM.

SOMATICS FOCUS: Meets a growing demand for body-based stories, interventions, and healing modalities.

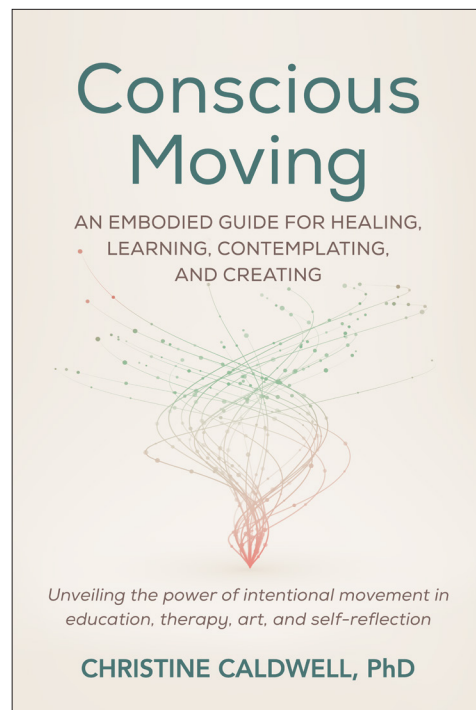
HEADY BUT PRACTICAL: Blends innovative but accessible theory with concrete embodied healing practices.

EXPERT AUTHOR: A highly credentialed teacher and lecturer, Caldwell has authored and curated many books and anthologies, and is very well known and respected within the international somatics community.

MULTI-DISCIPLINARY APPROACH THAT BUILDS COMMUNITY: This book incorporates voices and perspectives from different fields, building bridges across somatics, social work, dance and choreography, sports, and psychotherapy.

AUTHOR BIO

CHRISTINE CALDWELL, Ph.D., BC-DMT, LPC, is the founder of and professor emeritus in the Somatic Counseling Program at Naropa University in Boulder, CO, USA, where she has taught coursework in somatic counseling theory and skills, clinical neuroscience, and diversity issues. Caldwell's Moving Cycle involves body-centered psychotherapy and Conscious Moving when applied to other disciplines, such as artmaking, contemplative practice, and education. Caldwell has taught at the University of Maryland, George Washington University, Concordia, Seoul Women's University, Southwestern College, Pacifica, Santa Barbara Graduate Institute, and SRH University in Heidelberg. She trains, teaches, and lectures internationally, and has published over 30 articles and book chapters. Her previous books include *Getting Our Bodies Back*, *Getting in Touch*, *The Body and Oppression*, and *Bodyfulness*. She is also an editor for the *Journal of Dance, Movement and Psychotherapy*, the *International Journal of Body Psychotherapy*, and the *American Journal of Dance Therapy*.



ON SALE 6/25/2024
Rights: WORLD
TR: 9798889840275 / \$19.95/\$25.95
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BISAC 1: Self-Help - Meditations
BISAC 2: Psychology - Psychopathology - Post-Traumatic Stress Disorder (Ptsd)
BISAC 3: Body, Mind & Spirit - Healing - General

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Introduction	Chapter 7 Laia Jorba—Moving the Self in Dialogue: A Contextual and Fluid Process to Identity Exploration
PART I The Fundamentals of Conscious Moving	Chapter 8 Rachelle Janssen—Revisioning Addiction through Conscious Moving
Chapter 1 The Fundamental Principles of Conscious Moving	Chapter 9 Joana Debelt—Conscious Moving in the Service of Learning
Chapter 2 The Awareness Phase of Conscious Moving	Chapter 10 Melissa Walker—Conscious Moving as a Means of Working with Desire Differences in Intimate Partnership
Chapter 3 The Owning Phase of Conscious Moving	Chapter 11 Gretl Bauer—Conscious Moving: Support for Art-Based Expeditions into the Realms of Grief Work
Chapter 4 The Appreciation Phase of Conscious Moving	
Chapter 5 The Action Phase of Conscious Moving	
PART II Applying Conscious Moving to Healing, the Arts, and Education	
Introduction	
Chapter 6 Amber Gray—Working with Trauma and Oppression in Multicultural Contexts	

TARGET CONSUMER

PRIMARY: Movement specialists, somatic therapy practitioners, and teachers looking to increase their knowledge and toolkit.

SECONDARY: Therapists and healing practitioners more broadly seeking to enhance their methods, tools, and techniques.

TERTIARY: Readers interested in the moving body's relationship to the world around them.

COMP TITLES

Author's Similar Titles	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Oppression and the Body/Caldwell, Christine/TR	9781623172015	3/20/18	North Atlantic Books	\$19.95/\$25.95	2.5k
Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Stalking Wild Psoas/Koch, Liz/TR	9781623173159	5/7/19	North Atlantic Books	\$19.95/\$25.95	3.0k
Politics of Trauma/Haines, Staci K./TR	9781623173876	11/19/19	North Atlantic Books	\$19.95/\$25.95	11.3k
Radical Dharma/Williams, Rev. Angel.../TR	9781623170981	6/14/16	North Atlantic Books	\$12.95/\$16.95	30.3k
Art of Somatic Coaching/Strozzi-Heckler, Ric.../TR	9781583946732	2/11/14	North Atlantic Books	\$18.95/\$21.95	5.7k
The Elusive Obvious/Feldenkrais, Moshe/TR	9781623173340	4/23/19	North Atlantic Books	\$21.95/\$28.95	2.3k

Somacultural Liberation

An Indigenous, Two-Spirit Somatic Guide to Integrating Cultural Experiences Toward Freedom

ROGER KUHN

Two-Spirit Indigiqueer psychotherapist and cultural theorist Dr. Roger Kuhn illuminates the ways our bodies offer portals to our own liberation.

Experience somacultural liberation: A revolutionary ideology to explore how our bodies offer portals to personal and collective freedom.

What role does dominant culture play in how we experience the sensations, thoughts, feelings, and deeper existential mysteries of our bodies?

Dr. Roger Kuhn, a Poarch Creek Two-Spirit Indigiqueer activist, artist, sex therapist, and somacultural theorist, believes that Two-Spirit people hold a unique perspective—and that viewing our bodies through a somacultural lens can help us better understand how dominant culture informs and, all too often, misinforms our relationship to it.

Somacultural liberation is an embodied practice that helps people connect with the intersections of their identity. Kuhn's revolutionary mode of inquiry illuminates the full impact of our cultural reality in shaping both our individual and shared sense of self.

The history and experiences of Native American peoples and those who identify as Two-Spirit offer the reader a path to access the full brilliance of their body. Including growth work activities, cultural assessment exercises, mindfulness practices, and nervous system regulation techniques, *Somacultural Liberation* provides readers with the tools and skills needed to transcend any challenges they may face in their lives.

Straddling colonial imposition and tribal significance, Two-Spirit identity offers a powerful decolonizing framework to achieve freedom and navigate the toxic systems of domination that impose upon the precious truth of who we are.

FOR INDIGENOUS 2S READERS: Introduces practices and theory grounded in Native American Two-Spirit identity and experience.

FOR READERS LOOKING FOR EMBODIMENT RESOURCES, including somatic therapists, embodiment practitioners, and readers of queer and Native American theory.

FOR READERS OF *Refusing Compulsory Sexuality*, *Fat Girls in Black Bodies*, *Belly of the Beast*, *Love and Rage*, and *The Body Is Not an Apology*.

PROMPTS AND EXERCISES: Practical offerings throughout, including an exercise based upon understanding one's positionality (identity) and additional somatic and mindfulness-based exercises to help people drop into and connect with their experiences.

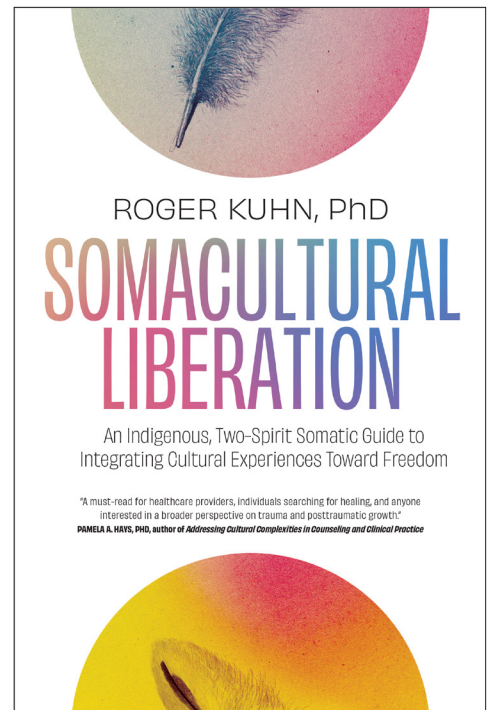
UNIQUE LENS: Author introduces a new original theory to an ongoing discussion.

EXPERT AUTHOR: Speaks into the space of decolonizing our bodies and minds, from the perspective of a highly credentialed queer BIPOC therapist.

TIMELY SUBJECT: Furthers literature on Indigeneity as a worldview, cosmology, and culture, while bridging somatics and social justice.

AUTHOR BIO

Roger Kuhn, PhD is a Poarch Creek Two-Spirit Indigiqueer soma-cultural activist, artist, sex therapist, and sexuality educator. Roger's work explores the concepts of decolonizing and unsettling sexuality and focuses on the way culture impacts and informs our bodily experiences. In addition to his work as a licensed psychotherapist, Roger is a board member of the American Indian Cultural Center of San Francisco, a board member and community organizer of the Bay Area American Indian Two-Spirit powwow, a board member of the American Association of Sexuality Educators, Counselors, and Therapists, and a member of the LGBTQ+ Advisory Committee of the San Francisco Human Rights Commission. In 2022, Roger was featured in the Levi's Pride campaign. His writing appears in publications from North Atlantic Books, Anthem Press, and Yellow Medicine Review. He has released five independent music albums. Kuhn lives in Guerneville, CA.



ON SALE 2/6/2024
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BISAC 1: Social Science - Indigenous Studies
BISAC 2: Psychology - Psychotherapy - General
BISAC 3: Social Science - LGBTQ+ Studies - General

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ACKNOWLEDGMENTS
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Chapter 1 THE BODY
Chapter 2 CULTURE
Chapter 3 LIBERATION

Chapter 4 HOW WE KNOW WHAT WE KNOW
Chapter 5 WHAT IS TWO-SPIRIT?
Chapter 6 SOMACULTURAL LIBERATION
CONCLUSION: RETURNING TO OURSELVES

TARGET CONSUMER

PRIMARY: Indigenous 2S and QTBIPOC readers seeking a framework and practice for mind-body liberation.
SECONDARY: Therapists, somatic practitioners, and other healing professionals working with Native American 2S, BIPOC, and queer clients.
TERTIARY: BIPOC and queer advocates, organizers, activists, and other social justice workers.
ANCILLARY: Students and enthusiasts of Native American cultures, histories, and literatures.

COMP TITLES

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Restoring the Kinship Worldvie/Topa, Wahinkpe (Four.../TR	9781623176426	4/12/22	North Atlantic Books	\$21.95/\$28.95	6.7k
Fresh Banana Leaves/Hernandez, PH.D., Je.../TR	9781623176051	1/18/22	North Atlantic Books	\$17.95/\$23.95	17.2k
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FITNESS



Core

A Science-Backed Approach to Exercising and Understanding Our Central Anatomy

OWEN LEWIS

A holistic, in-depth guide to understanding 'core' strength for therapists, movement professionals, and serious enthusiasts seeking advanced insights into functional training for mental and physical health

Health magazines, gym-class instructors, and YouTube fitness experts frequently speak of the importance of a strong "core," the muscles at our body's center that provide stability and support our movement. We know that improved core function can reduce symptoms of low back pain and pelvic pain, incontinence, and breathing issues. But while the core may be well-known, it is still poorly understood: *there is no universally agreed-upon definition of the core or the muscles it comprises.*

Core adopts a holistic yet practical approach to demystifying the core, considering this crucial muscle group for its physical importance to bodily movement as well as our emotional and spiritual center. Physical therapist Owen Lewis digs into a wide range of metaphors and frameworks used to understand the core—from the Japanese concept of *hara*, a central storehouse of energy, to the set of specific muscles referenced in fitness studios everywhere.

While physical therapy and core-exercise regimens tend to emphasize strength building and stable posture, Lewis argues for an approach that is also flexible, fluid, and adaptable: the same exercises may not be appropriate for every person, and may need to be changed up over time. In some cases, a "weak" core may be the result of muscles that are overworked and stressed, and "good" posture may create more pain than it prevents.

Lewis clearly explains how the core works to manage and transfer the force of movement through the center of the body, building on principles of biotensegrity (how the tension and compression of different muscles creates a balanced structure which distributes stress and strain). The final chapters of the book provide a range of useful, functional training exercises suitable for lay readers but especially helpful as examples for therapists and trainers to use with clients.

Lewis emphasizes functional training and underlying principles over a static list of exercises, providing the groundwork for tailored, individual training to improve core function. Supplemented throughout with color photos and a diverse range of models, *Core* makes it easy to understand the anatomy of this crucial region of the body, as well as key principles for more effective and safe exercises and training regimens.

FOR PHYSICAL THERAPISTS, bodywork practitioners, personal trainers, and sports movement professionals who want a more holistic understanding of the core – especially useful for helping explain this complicated subject to clients/patients

COMPREHENSIVE overview of the subject, but short and snappy; written accessibly, and usable by both professionals and laypeople

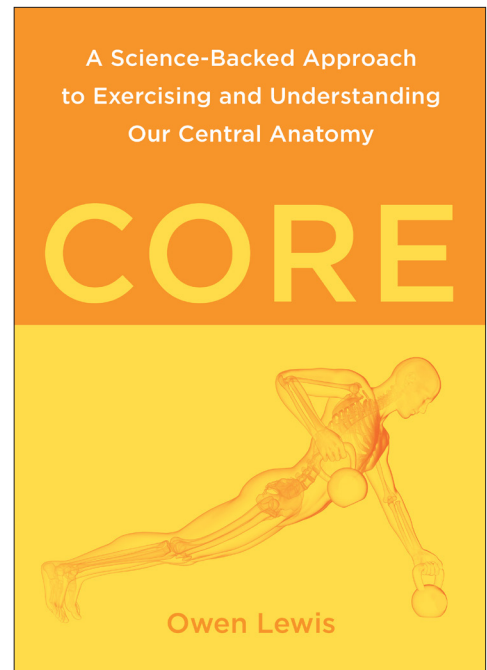
INCLUDES COLOR PHOTOS and stock illustrations throughout which depict a diverse range of body types and skin tones

HOLISTIC APPROACH that integrates emotional/spiritual frameworks but firmly grounded in science and practical applications

LEWIS IS WELL-KNOWN in the bodywork field, a frequent presenter at international conferences, and a regular contributor to *Massage World* magazine. He works closely with NAB/Lotus author James Earls (*Functional Anatomy of Movement*, Dec 2023; *Fascial Release for Structural Balance, Revised Edition*, May 2017; over 10,000 sold; *Born to Walk*, 2014, 2020; over 10,000 sold) through their UK-based clinic Born to Move

AUTHOR BIO

OWEN LEWIS blends the physical with the psychological in his teaching, writing, and clinical work. Mentored by leading anatomists including Thomas Myers, Robert Schleip, David Tiberio, and Diane Lee, Lewis has been teaching bodywork since 2014 at the university level and in a private studio called Born to Move. He has taught Anatomy Trains across the globe, including in Germany, Norway, Russian, Hungary, Portugal, Ukraine, United Kingdom, Netherlands, Switzerland, Belgium and Czech Republic. Lewis regularly writes for *Massage World* magazine and has appeared at several conferences including the Fascial Symposium, Therapy Expo, Sports Massage Association Conferences, and FitPro Live. You can learn more about his work at www.borntomove.com.



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BISAC 2: Sports & Recreation - Training

BISAC 3: Science - Life Sciences - Human Anatomy & Physiology

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Core Flag	Pain	

TARGET CONSUMER

PRIMARY: Physical therapists, bodyworkers, and professionals who work with clients struggling with chronic pain and movement issues – especially will appeal to those working with holistic modalities / mind-body-spirit approaches

SECONDARY: Personal trainers and coaches, yoga and pilates teachers, and other movement professionals looking to help clients maximize potential in their sport or develop strength efficiently

TERTIARY: Lay enthusiasts of movement and anatomy, especially activities with strong emphasis on the “core”: rock climbers, yoga/pilates practitioners, dancers

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Stalking Wild Psoas/Koch, Liz/TR	9781623173159	5/7/19	North Atlantic Books	\$19.95/\$25.95	3.0k
Functional Anatomy of Movemen/Earls, James/TR	9781623178413	12/12/23	North Atlantic Books	\$29.95/\$39.95	101
Safe Movement for All Spines/Miller, Gwen/TR	9781623177980	5/9/23	North Atlantic Books	\$25.95/\$34.95	1.0k
Concise Book of Muscles, 4th/Jarmey, Chris/TR	9781623173388	10/2/18	North Atlantic Books	\$29.95/\$40.95	11.4k

the pelvis to manifest in dysfunction in the back, shoulders, neck, or head. It is always worth asking a professional to check that the pelvis starts and maintains its normal pattern of movement that is expected during any exercise.

Multifidus

If the spine itself has a core, then surely the multifidus is it (figure 3.8). Small and powerful, it deserves our attention, even if it is not part of our Union Jack of muscles.

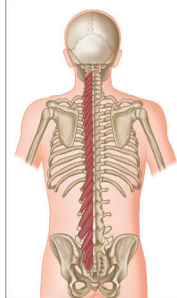


Figure 3.8: The mighty multifidus muscle is critical for a healthy back.

The multifidus is quickly establishing a reputation as one of the most critical muscles for a healthy back. The multifidus is the thickest muscle of the transversospinalis group that includes the semispinalis and rotators. Among the smallest yet strongest muscles in our body, the multifidus is highly sensitive, with its sensitivity coming from the high number of muscle spindles. These sensory receptors detect any changes in the length of these short muscles. The short span of this muscle, two to four vertebral segments, gives the multifidus its strength. The rodlike arrangement of muscles fills the grooves between the spinous processes and transverse process of each vertebra.

As one of the stiffest fibers in the human body (Ward et al., 2009), the multifidus gives segmental stability to the spine. The reason for the strong link between the atrophy of the multifidus and lower back pain is currently unclear (Woodham et al., 2014). Like the chicken and egg debate, the uncertainty stems from not knowing if the lower back pain causes the multifidus to atrophy or if the atrophied multifidus causes back pain. Whatever the reason, a healthy multifidus does seem to be associated with good health.

If you have lower back pain, you are advised to find a skilled bodyworker to check your multifidus. Bodyworkers with good palpation skills can discover if the multifidus is strong and fires in sequence or is dysfunctional and atrophied.

With help, careful cueing, and a gradual graded development of awareness and activation, the multifidus's strength and functionality can be restored, often with wonderful results.

Finding exercises for this specific muscle group that are useful to the individual and correctly fit the individual's stage of development are critical for success. The exercises described in this text are more general and suited to those without back pain to act as preventive exercises. As the multifidus is almost continually active, most exercises could be included. While acknowledging that the exercises work on many other muscles, the examples—exercises such as figure 3.9—attempt to emphasize the



Figure 3.9: Progressive exercises to emphasize the rotational role of the multifidus. Athletes can either be static and maintaining their position, or flexing and extending their arm.

but acts as one muscle, rather like a string of two sausages—the sausage meat being the muscle and the sausage skin the fascial sheath of connection and communication. In this way, four muscles (two IO and two EO) interact to become two muscles and work as one functional unit.



multifidus's role in controlling rotation at each spinal segment.

Transversus Abdominis

Returning to our flag of muscles, let us focus on the TrA, represented by the horizontal line of the St. George's cross. Simply named by its transverse direction and position, this muscle is beloved by researchers and appears in multiple papers. The attempt has been to make this complex structure simple to understand—however, this seems to have added confusion rather than clarity. The TrA is not simply a horizontal band of tissue as its name suggests. The TrA is a multidirectional, complex arrangement of fibers that requires a training stimulus

in expiration, defecation, childbirth, and vomiting.

Together, the right and left EO work to flatten the lower back into a common Tai chi position of readiness. The Wuji (or Wu Chi) stance translates to mean nothingness, a meditative "emptiness in any movement, thought or activity" (Liao, 2001). This version of "perfect alignment" is achieved by slightly flexing the torso and by a moderate or "soft" flexion of the knees, tucking in the pelvis and shoulders, letting the arms hang with hands slightly cupped, and the tip of the tongue pressed lightly to the roof of the mouth (figure 3.13).

One purpose of this stance is to bring focus to the lower Dantian, the energy center in Chinese medicine. While this may be an excellent position for martial

arts, it may cause difficulties if held onto in everyday life. Over the years I have seen many devotees of Tai chi rigidly holding this "correct" position in everyday life. This is another example of poorly taught correctness driving rigid conformity through misplaced cognitive perception. This, like so many other correct postures, creates a solidity and certainty, obstructing the flowing capacity of a body to adjust. Ironically, Tai chi masters are said to use the watery flow of energy (qi or chi) by yielding as well as by action. Holding a solid correct posture seems paradoxical to the central idea of this "soft" martial art. The power of Tai chi in its fighting form is said to come from the idea of water. "Water is the softest thing yet can penetrate mountains and earth. This clearly shows the principle of softness overcoming hardness" (Tzu, 400 BCE).



Figure 3.13: Tai chi standing pose.

The Yin and Yang of Tai chi has, in my mind, a similarity to the balancing act of stability and mobility partly created by the obliques. The obliques can offer stability by decreasing the mobility of the ribs, pulling them down toward the pelvis. This stability strategy is an effective way to gain the solidity that is needed when dealing with large forces, lifting weights, or pushing cars that fail to start. If you hold this same level of tension and use this same strategy in the long term, it can become problematic and inefficient. This strategy compresses the lower larger lobes of the lungs and has the potential to cause long-term breathing issues. Such a strategy

These two domes are in an ideal position to act as a pressure generator to affect IAP. The accessory muscle of respiration is of particular interest to us as many are located in the torso.

For example, the TrA and obliques work in harmony with the diaphragm to create ideal IAP. Ideal IAP coupled with the "corseting" of these muscles is part of the mechanism of spinal stability that helps protect the lumbar spine. "Deviation away from the optimal trunk lumbopelvic recruitment pattern, such as the oblique muscles firing first, then pressure, ventilation volumes, stability, and ultimately the work of breathing can be affected" (Chaitow et al., 2013).

Unfortunately—in the exercise world—this idea became misconstrued and led to the concept of bracing. Bracing—the conscious pre-contraction of muscles in preparation for load—is often associated with holding one's breath. It is now recognized that "this learned bracing will ultimately reduce stability: the TrA does not work in synchronization with the diaphragm: the zone of apposition [the area of attachment between the lower chest wall of the diaphragm and the ribcage] decreases, along with the ultimate force-generating ability of the diaphragm" (figure 4.3) (Chaitow et al., 2013).

In its place we all need to train the capacity to "change breathing pattern and rate, to meet the changing physiological demands" (Chaitow et al., 2013).

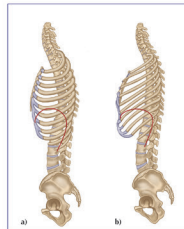


Figure 4.3: Zone of apposition: (a) optimal and (b) suboptimal positions.

The capacity to be adaptable gives humans an "economical advantage" (Chaitow et al., 2013), which is perhaps easiest seen, and most researched, in the sporting context. A runner can "switch breath to stride ratio depending upon ventilatory demands" (Polennia, 2007).

"Runners at low speed may take one breath to two strides (1:2 ratio) with higher speed switch to one breath every four strides (1:4 ratio)" (Polennia, 2007). This is unlike a dog, whose breathing rate is coupled to the rate of their limb movement via muscles of breath. Muscles such as the serratus anterior are both muscles of breath and limb movement and so both movements are inextricably coupled (figure 4.4).

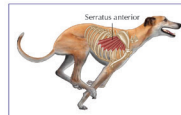


Figure 4.4: A running dog highlighting the dual role of serratus ventralis (serratus anterior) for breath and movement.

This coordination of breathing to the rhythm of motion is not a skill confined to running; rowers exhibit similar actions. A rower may exhale once during a stroke, when the oar is in the water, and inhale once during the recovery phases, when the oar is out the water—a 1:1 ratio. As the stroke rate increases, this ratio changes to 1:2 with one complete breathing cycle during the recovery phase and one complete cycle during the stroke phase (Steinacker et al., 1993). It seems likely that other activities



Figure 4.5: Bouncing ball.

such training is often a solid muscle with a limited capacity to adapt, lengthen, or decelerate actions. Imagine a ball made of concrete: it would fail to function as a ball because it would not bounce. Conversely, a rubber ball can use its elastic capacity. As this functional ball hits the ground, it morphs in shape, lengthening and increasing the tension on its elastic tissue, thereby increasing the potential energy of the ball to rebound (figure 4.5).

A similar length-tension relationship is necessary for a functional abdominal

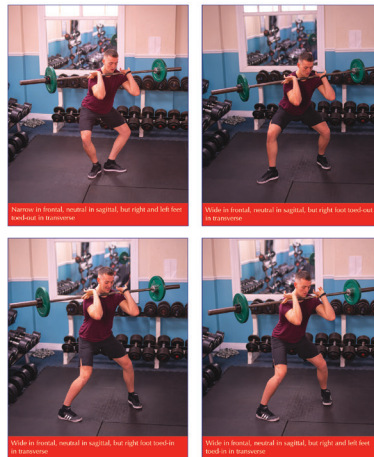


Figure 6.2. (continued)

more if you were to add varying degrees of toed-in, toed-out, internal and external rotation, and varying degrees of wider or narrower stance.

Going through all these variations is a significant workout for your memory as well as your body. By adding frontal, transverse, and sagittal arm positions



Figure 6.2. (continued)

and movements the variations are (almost) endless. As you play with these movements, you will recognize how

you can tailor your exercises to be more functionally specific to your daily tasks and goals.

YOGA



Surviving Modern Yoga

Cult Dynamics, Charismatic Leaders, and What Survivors Can Teach Us

MATTHEW REMSKI

Grounded in investigative research and real survivor stories, *Surviving Modern Yoga* uncovers the physical and sexual abuse perpetrated by Ashtanga yoga leader Pattabhi Jois—and reckons with the culture, structures, and mythos that enabled it.

The revised edition of *Practice and All is Coming* from Conspiratorality co-host Matthew Remski

Yoga culture sells well-meaning westerners the full package: physical health, good vibes, and spiritual growth. Here, investigative journalist Matthew Remski explores how cultic dynamics, institutional self-interest, and spiritualized indifference collude to obscure the truth: Harm happens in plain sight.

Through in-depth interviews, insider analysis, and Remski's own history with high-demand groups, *Surviving Modern Yoga* brings to light how we're each susceptible to cult abuse and exploitation. He shows how, with the right kind of situational vulnerability and the wrong kind of guru, the ideas we hold close about ourselves—like *It wouldn't happen to me or I'd speak up for victims*—fail to protect us.

Remski reckons with his own complicity in spiritual power dynamics, and shares how a process of disillusionment allowed him to recognize harm. He does the same for readers, peeling back the veneer of yoga marketing to reveal the abuse, assault, and silencing perpetrated against seekers who trusted Jois as a mentor, their *guruji*—even a father figure. Each survivor speaks in their own words, on their own terms, reclaiming agency against an insular, in-group culture that enabled a charismatic leader's devastating harm—and positioned him as its only remedy.

Surviving Modern Yoga also includes practical tools to help readers:

- Understand how high-demand groups trap would-be targets
- Evaluate their own situational vulnerabilities
- Learn to listen for loaded, red-flag language
- Cultivate their literacy of cult tactics

FOR CULT SURVIVORS AND READERS INTERESTED IN CULTS: An insider's look at a world those in power have tried to obscure, with new details

FOR YOGA NERDS: Deep analysis of how yoga philosophy can be distorted or weaponized by bad actors for their own gain. Explains the roots of Ashtanga and includes figures like Jois, Iyengar, and Krishnacharya, with never-before-published takes from their relatives, students, and acquaintances.

CONSPIRATORIALITY PLATFORM: Remski is an investigative journalist, yoga teacher, cult survivor, and co-host of the popular podcast Conspiratorality.

TIMELY, TRENDY TOPIC: We've hit peak interest in high-demand groups, as evidenced by the explosive popularity of cult documentaries, books like *Cultish*, and podcasts like *A Little Bit Culty*, *Sounds Like a Cult*, and *Conspiratorality*.

RIVETING EXPOSÉ: Doesn't shy away from sharing visceral details or the author's experiences reckoning with his own complicity. A riveting, compelling read.

SURVIVOR STORIES: Remski centers the stories of survivors, giving them space to process and present their experiences on their own terms.

PRACTICAL TOOLS: Closes with a workbook-style chapter that helps readers evaluate potential red flags; understand their own susceptibility to cultic exploitation; and learn to identify the toxic traits of a spiritual group or leader.

AUTHOR EXPERTISE: Remski is a well-networked and trusted expert within yoga communities, and has written about practice, ethics, and yoga philosophy for two decades.

AUTHOR BIO

MATTHEW REMSKI is an author and freelance journalist, with bylines in *The Walrus* and *GEN* by *Medium*. Remski is a yoga practitioner who writes about yoga, abuse, and cults. His work is informed by his experiences as a member of multiple cults. He's published eight books of poetry, fiction, and non-fiction, including *Threads of Yoga: a remix of Patanjali's Sutras* with commentary and reverie. Remski co-host a podcast called Conspiratorality. His forthcoming book *Conspiratorality*, co-authored with his podcast co-host Derek Beres and Julian Walker, will be released in 2024. This is a re-edition of Remski's most recent book, *Practice and All Is Coming: Abuse, Cult Dynamics, and Healing in Yoga and Beyond* which has earned international praise as a groundbreaking resource for critical thinking and community health. He lives in Toronto with his partner and their two sons.



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TARGET CONSUMER

PRIMARY: Survivors of high-demand groups and spiritual abuse, specifically yoga. Readers whose boundaries have been violated within toxic or cultic situations and need expert resources to process, validate, or understand their experiences.

SECONDARY 1: Yoga teachers, studio owners, and practitioners. Deep, experienced practitioners and casual yogis alike.

SECONDARY 2: Cult and true crime readers. Fans of Amanda Montell; HBO’s *The Vow*; and *Conspirator*. Readers interested in charismatic figures like Teal Swan, Guru Jagat, and Bikram Choudhary.

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American Detox/Kelly, Kerri/TR	9781623177249	6/7/22	North Atlantic Books	\$18.95/\$24.95	4.5k
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A Queer Dharma/Ballard, Jacoby/TR	9781623176518	11/23/21	North Atlantic Books	\$17.95/\$23.95	2.9k

Teaching Yoga, Second Edition

A Comprehensive Guide for Yoga Teachers and Trainers: A Yoga Alliance-Aligned Manual of Asanas, Breathing Techniques, Yogic Foundations, and More

MARK STEPHENS

The bestselling guide for yoga teachers and trainers, revised and updated—a comprehensive Yoga Alliance-aligned manual of asanas, breathing techniques, yogic foundations, and more.

Revised and updated, *Teaching Yoga* by yoga expert Mark Stephens is one of the most popular resources for new and experienced teachers, and has been a trusted guide since its publication in 2010.

This classic resource covers fundamental topics of yoga history and philosophy, as well as each of the 11 major styles of contemporary yoga. There is also practical advice for every stage of the teaching process, including tools for teaching 108 yoga poses (asanas), breathing techniques (pranayama), and meditation.

The 2nd edition—adapted to meet the needs of the modern yoga teacher—features:

- Updated sections on yoga history and philosophy
- Discussions of trauma-sensitive yoga
- Coverage of cultural appropriation, racism, and sexism in yoga
- An inclusive approach that expands beyond the traditional vinyasa flow style
- New photos and illustrations
- 1-page summaries after each chapter
- An extended list of references for further learning

Developed to meet 100% of the teacher training curriculum standards set by Yoga Alliance, the world's leading registry and accreditation source for yoga teachers and schools, *Teaching Yoga* is ideal for use as a core textbook in yoga teacher training programs.

FOR YOGA TEACHERS AND FANS OF MARK STEPHENS: The author has published several bestselling books on yoga, including the extremely successful 1st edition of *Teaching Yoga*, and is a yoga-teacher and teacher-trainer staple.

EXPERT AUTHOR: Stephens is a yoga practitioner, teacher of over 20 years, and founder of the Yoga Inside Foundation.

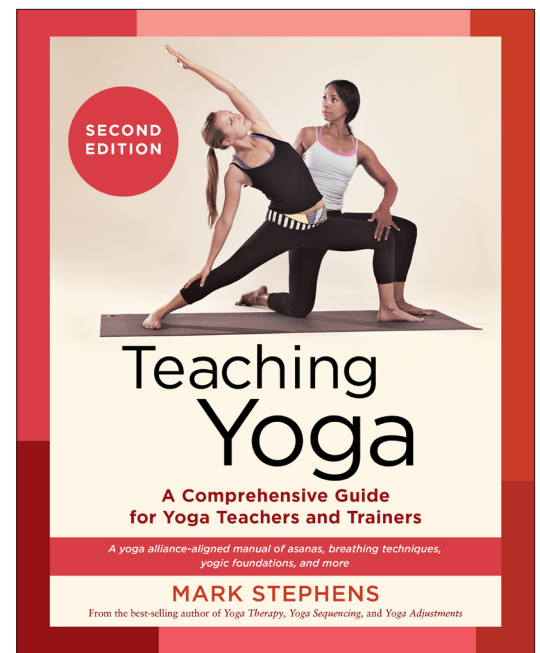
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OPTIMIZED LEARNER EXPERIENCE: The updated edition features chapter summaries, updated references, and new photos and illustrations.

AUTHOR BIO

MARK STEPHENS is an esteemed yoga instructor who has trained over 1200 yoga teachers. Stephens conducts classes, workshops, and retreats worldwide. From devoted personal practice and a close study of yoga history and philosophy, he brings a non-dogmatic, accessible, and integrated perspective to yoga that makes yoga a resource for healthy living. Stephens considers anatomy, physiology, social and interpersonal dynamics, as well as eastern and western theories of consciousness. He has been practicing yoga daily since 1991 and teaching since 1996. Mark draws from his years as an education consultant and a progressive social change activist to create practical resources for yoga teachers and therapists. Founder of Yoga Inside Foundation, L.A. Yoga Center, and the recipient of Yoga Journal's first annual Karma Yoga Award in 2000. Stephens lives and teaches in Santa Cruz, CA. Prior books include *Teaching Yoga*, *Yoga Sequencing*, *Yoga Adjustments*, *Yoga Therapy*, and *Yoga for Better Sleep*.



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TARGET CONSUMER

PRIMARY: Yoga teachers and teacher trainers

SECONDARY: Aspiring yoga teachers in training programs

TERTIARY: Advanced yoga students seeking in-depth knowledge of their practice

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Yoga Adjustments/Stephens, Mark/TR	9781583947708	6/3/14	North Atlantic Books	\$24.95/\$28.95	25.4k
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Mark Stephens Yoga Adj Deck/Stephens, Mark/NT	9781623174552	2/11/20	North Atlantic Books	\$29.95/\$39.95	1.6k
Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Teaching Yoga Beyond the Poses/Rountree, Sage/TR	9781623173227	5/14/19	North Atlantic Books	\$18.95/\$24.95	33.5k

As tantra grew in influence, its essence was distorted by the reactions to some of its rituals, particularly those involving sex. Speaking of tantra in the West usually evokes notions of “sacred sex,” thus rendering tantra as little more than “spiritual sexuality.” While sexual relationship is part of tantra, the spiritual philosophy and practices of tantra are deeper and more subtle. This is perhaps most richly expressed in the form of tantra that took root in Kashmir in the ninth century CE, known as Kashmir Shaivism, poetically expressed in the ninth-century *Spanda Karika*.²⁷

The main idea of the *Spanda Karika* is to take all of existence as one and not divide it into pure or impure. This is the central idea of tantra, the kernels of which were found in the most ancient Vedas and Upanishads, but largely lost or discarded in the Bhagavad Gita and in raja yoga as described by Patanjali. The idea of yoga in the tantric perspective is to be without separation, to reconcile the body, breath, mind, and emotion as one, without distinction, without anything considered impure or profane. Most of the tantric texts state that Shiva and Shakti, or divine masculine and feminine energy, are one—one in the body, one in the mind, one in the heart of emotional being. In this expression of being, we are embracing the fullness of all of our energy, to be this one thing, not to be in distinction, not to be anything but the space where everything is alive. As we go into this practice, we find liberation from the ego, from dualistic thinking, experiencing and viscerally comprehending that we are this beautiful space, this amazing wholeness.



In the ninth century CE, the Vijnana Bhairava offered a rich array of simple-to-complex micro-practices for tapping into this quality of awareness (see Muktananda 1997). The micro-practices are based on the fact that the mind is very fast, likes to be fast, and is good at it. The ancient yogis had a wonderful idea: to invent a practice that goes just as fast as the mind. Rather than trying to counteract the mind, one goes with it for a brief moment in which one tries to be completely present to something very simple. Sitting with your morning coffee, you pass the cup beneath your nose, and for a moment you are fully absorbed in all the sensations you are experiencing. Walking in the woods, you feel your foot cross over a dry leaf while a light breeze caresses your skin and damp forest aromas flow into your olfactory senses. There you are, in those few seconds, completely present to your senses of sound, light, aroma, your skin, your heart, and a sense of something far greater than that is in it all, you and nature and spirit as one. The aim is to be fully present in just that moment, just that one breath, finding there a sense of being in a state of bliss or oneness.²⁸

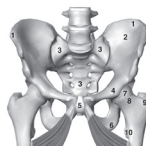
Bringing this into yoga asana and pranayama practices, a far more refined and subtle quality of awareness arises, lending a more nuanced body-breath-mind connection, a more expansive consciousness of the wholeness. At the heart of this practice is being present when you breathe in and out, bringing consciousness to the breath and feeling that you are breathing completely, letting go of the breath completely, and in that space feeling the bodymind going to a place of spontaneous awareness of spirit or bliss.

Hatha Yoga

Most styles of yoga practiced in the world today are a form of Hatha yoga, whether

The Pelvis and Hips

Mediating between the upper body and the legs, the pelvis is the hub of the body, transferring the weight of the upper body into the legs and feet. The pelvic skeleton is formed by the hip bones and the sacrum and coccyx. (The sacrum and coccyx are fundamentally a segment of the spine, discussed below in the section on the spine.) Three sets of bones—the ilium, ischium, and pubic symphysis—are initially held together by cartilage before fully fusing during puberty to create left and right hip bones. Cradled within the pelvic skeleton we find our lower pelvic organs (bladder, reproductive organs, and rectum) and perhaps the resting place of the kundalini-shakti energy originally described by medieval tantrikas.



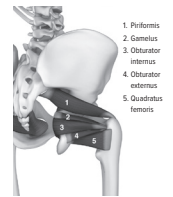
Bony features of the pelvis and hips, (anterior view)

As a primary center of stability and ease, the pelvis is where we both originate key movements and cushion the impact of those movements through the bones, muscles, ligaments, and energetic actions emanating from within and around this vital structure. Because the pelvis is a strong stabilizing structure, pelvic postural imbalance, trauma, and injury tend to manifest below in the knees or above in the spine and upper body. Wear and tear in the hip joint itself can cause debilitating pain there that in some cases finds relief only through replacement of the joint. Pathologies in its sacroiliac (SI) joint,

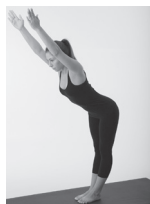
In Virabhadrasana I (Warrior I Pose) and Ashta Chandrasana (Eight-Point Crescent Moon Pose) the tension created by these ligaments (and right hip flexors), especially the iliofemoral ligament, limits the depth of the lunge or causes the pelvis to pitch forward in anterior rotation, potentially creating lumbar hyperlordosis and excessively pressuring the intervertebral disks of the lumbar spine. These same ligaments are also what keep the thighbone from popping out of the hip socket in Virabhadrasana II (Warrior II Pose) when the back leg is fully abducted and given hip extension action to help open the fronts of the hips.

The length, girth, and angles of the femoral head and neck vary by individual, along with the orientation of the acetabulum (especially anteversion versus retroversion), giving further limitations or capacities to the allowable movement of the femur that shows up in a variety of poses, especially when the femur is abducted in poses such as Upavista Konasana. Women's acetabula are generally wider apart than in men, another factor affecting range of motion and stability.²⁹ In general, slight internal rotation of the femurs sets the femoral heads toward the posterior aspect of the acetabulum, thereby easing the forward movement (anterior rotation) of the pelvis over the femoral heads, which, to protect the lower back, is the initiating movement in all forward bends that one should maximize prior to flexing the spine.

The left and right hips are joined at the pubic symphysis by a fibrocartilage disk and to the sacrum by the sacroiliac joint, which gains greatest significance in yoga practice during pregnancy (see chapter 9). This is a helpful landmark, along with the tip of the tailbone (coccyx) and the sitting bones (ischial tuberosities), of the diamond-shaped points of the pelvic floor we can usefully reference in discussing the muscular engagement of the pelvic floor described as mula bandha (see the sidebar “Mula Bandha and Uddiyana Bandha,” for more on



Deep lateral rotators of the hip (oblique anterior view)



Arms overhead



Ardha Uttanasana

mudra—can foster a sense of heart-centered awareness. It is relatively easy on the lower back and hamstrings, but the chest tends to collapse.

Arm/Shoulder Option 3: Folding forward and down with the arms fully extended overhead, this option requires considerable lower back, leg, and core strength. If lacking strength in these areas, this method of folding can strain the lower back and hamstrings.

UTTANASANA TO ARDHA UTTANASANA

- Emphasize lengthening the spine by drawing the sternum forward from the pelvis, drawing the shoulder blades down the back, and further expanding across the heart center.
- Offer and demonstrate the options of having the knees bent, coming up onto the fingertips, or placing the hands high up on the shins.
- These options help to fully extend the spine. As students develop the flexibility in the hamstrings and hips, cue them to keep their feet grounded and legs firm, thereby cultivating a more stable foundation from which to lengthen their spine.

ARDHA UTTANASANA TO ANJANEYASANA

- In stepping the right foot back and releasing the floor for Anjaneyasana, emphasize the length of the spine and openness of the hips.
- Students whose knees are sensitive to pressure on the floor can place padding under the knees. The best pad is made from cutting out a piece of a thick yoga mat, not a folded blanket or an encumbrance.
- With the first Anjaneyasana, consider the following instructions to help break down the various actions in this asana:
 - Partially straighten the front leg, plant the hips, and create a slight posterior pelvic neutrality.



Anjaneyasana

- Slowly bend the front knee to deepen the lunge and the stretch of the hip flexors while continuing to cultivate pelvic neutrality.
- Play with slowly moving in and out of the full depth of the lunge, gradually releasing into a deeper stretch in the hips and groin.
- Once fully into the lunge, ask students to release their arms down by their sides, turn their palms out to externally rotate their arms, and then reach their arms overhead.
- With their arms overhead, ask students to look down for a moment and lightly soften their lower front ribs in while maintaining pelvic neutrality, then try to reach their arms farther back without letting their lower front ribs protrude out.
- The arms can be held shoulder-distance apart, and the head held level. Invite students who can keep their elbows straight to press their palms together overhead while lifting through their sides, chest, back, arms, and fingertips. If it is OK with the neck, gaze at the thumbs.
- When flowing through the Sun Salutations, instruct students to inhale into Anjaneyasana; then with the exhale, swan-dive their palms to the floor.

ANJANEYASANA TO PHALAKASANA

Table C. Asanas (continued)

Anjaneyasana (ahn-jon-uh-YAHS-anna) Monkey God Pose, or Low Lunge Pose	
Apanasana (ah-pah-NAHS-anna) Knees-to-Chest Pose, Wind Relieving Pose	
Ardha Badha Padma Paschimottasana (are-dah BAH-dah pod-ma POSH-ee-moh-ta-NAHS-anna) Half Bound Lotus Western Stretch Pose	
Ardha Badha Padmottasana (are-dah BAH-dah pod-mo-TAH-nahs-anna) Half-Bound Lotus Forward Fold	
Ardha Chandrasana (are-dah chan-DRAHS-anna) Half Moon Pose	
Ardha Matsyendrasana (are-dah MOT-see-en-DRAHS-anna) Half Lord of the Fishes Pose	
Ardha Uttanasana (are-dah OOT-tan-AHS-anna) Half Standing Forward Fold	
Ashta Chandrasana (ahsh-tah chan-DRAHS-anna) Eight-Point Crescent Moon Pose	
Asthangasana (ahsh-tah-gan-gah pre-NAHSH) Eight-Limbed Prostration	
Astavakrasana (ah-stah-vah-KRAHS-anna) Eight-Angle Pose	

Badha Konasana (BAH-dah cone-AHS-anna) Bound Angle Pose	
Badha Padmasana (BAH-dah pod-MAHS-anna) Bound Lotus Pose	
Bakasana (bah-KAS-anna) Crane Pose	
Balasana (bah-LAHS-anna) Child's Pose	
Bharadvajasana (bah-ROD-va-JAHS-anna) Bharadvaja's Pose	
Bhekasana (beh-KAS-anna) Frog Pose	
Bhujangasana (boo-jang-GAHS-anna) Cobra Pose	
Bhujapidasana (boo-jah-pre-DAHS-anna) Shoulder Pressing Pose	
Chaturanga Dandasana (chah-tah-RON-gah don-DAHS-anna) Four-Limbed Staff Pose	
Dandasana (don-DAHS-anna) Staff Pose	

(continued)

SELF-HELP



Beyond Self-Defense

How to Say No, Set Boundaries, and Reclaim Your Agency—An empowering guide to safety, risk assessment, and personal protection

SHIHAN MICHELLE

A feminist-forward guide to setting boundaries, assessing safety, and defusing violence by a six-time karate world champion—tools and skills to build confidence, fight back, and live life on your own terms.

Disclaimer: this is not your average self-defense book. As educator, martial artist, movement analyst, somatic therapist, and rape crisis advocate Shihan Michelle explains, “Self-defense doesn’t work to prevent assault; it’s too late, you’re in a fight.” Instead, Michelle champions self-offense, a preventative personal protection strategy invested in defusing trouble before violence becomes necessary.

Beyond Self-Defense empowers you to prevent and de-escalate violence without resorting to physical contact. Including personal stories, interactive practices, and reflective prompts, this practical, accessible, and timely handbook teaches you how to craft your own unique protection protocols. Topics include how to:

- Use your body weight to fend off attacks
- Recognize the emotional triggers of others before they escalate
- Unlearn common biases about safety and vulnerability
- Use space and time to get the upper hand and control situations *before* they become unsafe
- Challenge patriarchal social standards and claim your voice—and your space

The founder and lead instructor of Self Offense Services, Michelle is a sixth degree black belt in Full Contact karate who gives workshops in assault prevention, boundaries, listening, de-escalation, and bullying prevention.

FOR WOMEN, FEMMES, AND SURVIVORS looking for practical ways to anticipate and avoid harm.

FOR READERS OF *Empowered Boundaries*, *Transforming Trauma with Jiu-Jitsu*, and *Set Boundaries, Find Peace*.

NEW APPROACH TO PERSONAL SAFETY: Empowers readers to set boundaries that can help prevent an attack, while also encouraging more traditional self-defense techniques in case a physical altercation is unavoidable.

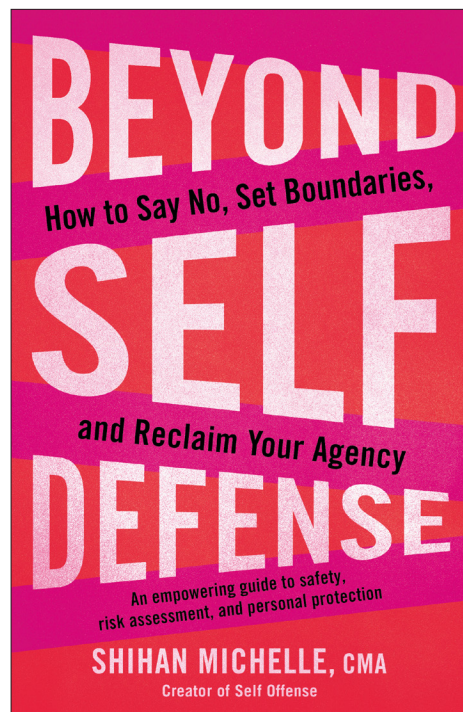
TIPS AND TRAINING FOR SPLIT-SECOND REACTIONS: Gives you the grounding you need before you need it, so you have resources to draw on in charged situations.

HIGHLY TRAINED EXPERT AUTHOR: Michelle is both a sixth degree black belt and six-time world champion in the art; achieved the status of shihan (or master teacher); and opened her own school in New York City. She is a Laban Certified Movement Analyst and Registered Somatic Movement Educator and Therapist.

PERSONALITIES BEHIND THE PROGRAM: The founders of Self Offense are a mother-daughter duo with great chemistry. Michelle is the primary author, but their dynamics are highlighted in the text. Readers will resonate with their camaraderie and love in action in the book, on their social channels, and in their in-person classes.

AUTHOR BIO

SHIHAN MICHELLE is the founder of Karate-Do Wa Ken in NYC, and of Self Offense Services, a personal protection company that leads workshops in assault prevention, boundaries, listening, and de-escalation. Self Offense was created in 2003, after Michelle trained as a rape crisis advocate for Saint Vincent’s Hospital, where she worked with sexual assault survivors of all genders and sexual identities. Michelle is a Laban certified movement analyst and registered movement pattern analyst. She holds a sixth-degree black belt in Karate and second-degree black belt in Iaido (Japanese sword), and has taught special workshops in traditional Okinawan weapons in the United States and in Germany. For nearly a decade, Michelle was a competitive fighter, and she holds two world and four north american titles in full contact fighting. Michelle presented the Tedx talk Ending Sexual Assault: The Best Defense is a Good Offense in December, 2021. Follow Self Offense on Instagram @self_offense and on Tik Tok @selfoffense.



ON SALE 3/26/2024
Rights: WORLD
TR: 9781623179984 / \$18.95/\$24.95
Page Count: 160 Trim Size: 5-1/2 x 8-1/2

BISAC 1: Self-Help - Safety & Security - Personal Safety & Self-Defense
BISAC 2: Self-Help - Communication & Social Skills
BISAC 3: Sports & Recreation - Health & Safety

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Chapter 1 The Power of Context	Chapter 6 Physical Communication
Chapter 2 No Way Know How	Chapter 7 Time and Pressure
Chapter 3 Welcome to the Interview	Chapter 8 Throwing Your Weight Around
Chapter 4 Teddy Bear or Teddy Bundy? Unpacking Unconscious Bias	Conclusion

TARGET CONSUMER

PRIMARY: Women and femmes who have experienced sexual or physical assault, or who wish to prevent a sexual or physical assault, before it happens.

SECONDARY: Readers in urban or larger suburban areas who might commute by public transit or live in apartments.

TERTIARY: People who are often targeted by assailants, who are actively dating and want to ensure their safety when meeting new people on a regular basis.

ANCILLARY: Parents of young women and femmes.

COMP TITLES

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Transforming Trauma Jiu-Jitsu/Marich, Jamie PhD/TR	9781623176150	3/15/22	North Atlantic Books	\$18.95/\$24.95	2.5k
Self-Defense for Gentlemen/Monstery, Colonel Th.../HC	9781583948682	4/21/15	Blue Snake Books	\$19.95/\$25.95	4.7k
Four Pivots/Ginwright, Shawn A..../TR	9781623175429	1/25/22	North Atlantic Books	\$18.95/\$24.95	27.5k

Reclaiming UGLY!

A Radically Joyful Guide to Unlearn Oppression and Uplift, Glorify, and Love Yourself

Revolutionary Stories, Tools, and Theories for a Liberated Life

VANESSA ROCHELLE LEWIS

Flip the script on how you think about *UGLY*—what it means, what it is, and how to reclaim it to Uplift, Glorify, and Love Yourself in an uglified world.

Blending joyful self-help magic with incisive social analysis and personal narrative, Vanessa Rochelle Lewis empowers readers to heal, connect, and revolt against uglification.

Uglification is “ugly” weaponized: a tool, ideology, and type of oppression that designates some bodies as more or less worthy of love, respect, access, and dignity. It defines who’s accepted in what spaces, which identities are marginalized, and how we all move through the world—and is part and parcel of systems like white supremacy, ableism, sizeism, sexism, and queer- and transphobia. Here, Lewis takes on uglification, showing us how reclaiming *UGLY* is a subversive act that roars an unapologetic “yes!” to joy, healing, and community-building in a world that’s engineered to hold us back.

Lewis asks us to go beyond analysis, inviting us to boldly perform *UGLY* as an act of rebellion, liberation, and radical self-love. Through self-help exercises, reflective meditations, and lesson plans, Lewis moves us closer to a collective liberation that takes back what society tells us is ugly and taboo and teaches us to deconstruct what we’ve told *ourselves* is ugly and taboo. In sharing her analysis, personal journey, and activity toolkit, Lewis offers a warm embrace and compassionately guides us toward lives of radical self-acceptance, joyful community-centered healing, and unfiltered self-love.

FOR READERS who have experienced lookism, fatphobia, homophobia, transphobia, racism, misogyny, or other oppression and who have been underserved by mainstream self-help

BIG-NAME ENDORSEMENT: Sonya Renee Taylor, author of *The Body Is Not an Apology*, has contributed a blurb.

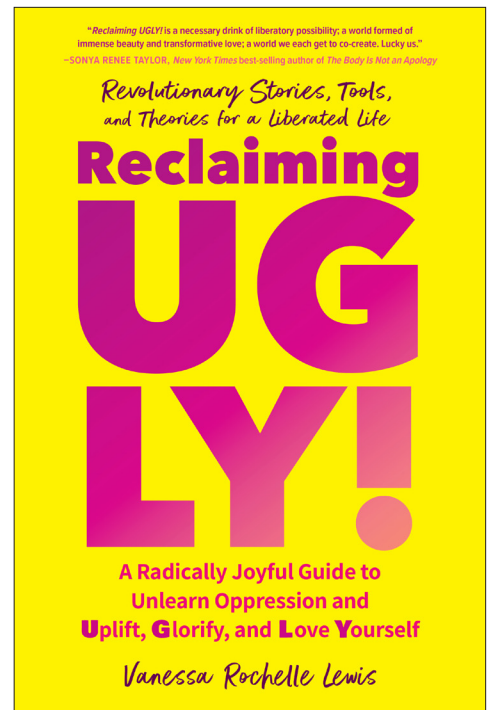
WELL-LOVED WRITER AND PERFORMER: Vanessa Rochelle Lewis was Senior Editor for *Everyday Feminism* and *Black Girl Dangerous*, two widely read online magazines devoted to intersectional feminism and amplifying the voices of QTPOC. She has been profiled by Vice and has bylines in *RaceBaitr*, *TheBodyIsNotAnApology.com*, *The Rumpus*, and more. Additionally, Lewis is an engaging teacher, playwright, and performer, with a thriving and supportive social media network. Her workshops, talks, and creative endeavors with the PleasureNess Literary Academy and Oakland SOL frequently draw audiences from around the Bay Area.

TIMELY TOPIC FROM A NEW PERSPECTIVE: Critiques of body positivity, body negativity, and commodification of the body are not new to the publishing scene, yet early books on the topic were often written from a distance by industry experts. More recent books like *The Body Is Not an Apology* are written by authors who experience oppression at the hands of the systems they seek to criticize. *Reclaiming UGLY!*, written by a queer, fat, chronically ill, Black woman who was the subject of a viral internet meme based on her appearance, takes this premise further, seeking to demolish the ideas of beauty and ugly altogether.

LIBERATORY IDEAS: Lewis doesn’t simply ask us to reevaluate what we’re talking about when we talk about ugly; she asks us to perform ugliness as an act of rebellion and liberation. She creates a new pedagogy of intentional uglification as subversion, asking the reader to treat “ugly” as a verb and engaging readers through a series of reflections, exercises, and lesson plans.

AUTHOR BIO

VANESSA ROCHELLE LEWIS, MFA, is a Queer, Fat, Black, Femme performer, facilitator, educator, writer, activist, healer, and joyful weirdo. Lewis has been a writer and managing editor for *Everyday Feminism* and *Black Girl Dangerous*; an instructor at multiple Bay Area community colleges; the Artist-Facilitator In Residence for the Young Women Freedom Center; and a core team member for Creating Freedom Movements. She is currently the Director of Programming for the Positive Results Center, an organization that addresses trauma and prevents violence within marginalized communities. Lewis founded Reclaim UGLY: Uplift Glorify Love Yourself – And Create A World Where Others Can As Well, which has hosted conferences, teach-ins, and healing workshops. Please visit www.reclaimugly.org to learn more. Find Lewis on Instagram @Black.Woman.Blooming or Facebook.com/subversivepedagogies.



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BISAC 1: Self-Help - Personal Growth - Self-Esteem
BISAC 2: Social Science - Discrimination
BISAC 3: Social Science - Feminism & Feminist Theory

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Chapter 1 Grounding in Intention

Chapter 2 An Introduction to Uglification

Chapter 3 Uglification and Other Forms of Oppression

Chapter 4 Dangerous Uglification

Chapter 5 Future Histories of Reclaiming Ugly

Chapter 6 Surviving Uglification

Chapter 7 Love and Family as Tools against Uglification

Chapter 8 Imagination Is the Ultimate Weapon against Uglification

TARGET AUDIENCE

PRIMARY: Individuals who have experienced fatphobia, homophobia, transphobia, racism, misogyny, other oppression

SECONDARY: Folks interested in intersectional analysis of oppression and changemaking

TERTIARY: Healers, educators, artists

COMP TITLES

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Belly of the Beast/Harrison, Da'shaun L.../TR	9781623175979	8/10/21	North Atlantic Books	\$14.95/\$19.95	10.9k
Love and Rage/Owens, Lama Rod/TR	9781623174095	6/16/20	North Atlantic Books	\$17.95/\$23.95	20.2k
Refusing Compulsory Sexuality/Brown, Sherronda J./TR	9781623177102	9/13/22	North Atlantic Books	\$17.95/\$23.95	3.8k

Tending Grief

Embodied Rituals for Holding Our Sorrow and Growing Cultures of Care in Community

CAMILLE SAPARA BARTON

An embodied guide to being with grief individually and in community—practical exercises, decolonized rituals, and Earth-based medicines for healing and processing loss

We live in a culture that suppresses our ability to truly *feel* our grief—deeply, safely, and on our own terms. But each person's experience is as unique as the grief itself. Here, Camille Sapara Barton's take on grief speaks directly to the ways that BIPOC and queer readers disproportionately experience unique constellations of loss.

Deeply practical and easy to use in times of confusion, trauma, and pain, *Tending Grief* includes rituals, reflection prompts, and exercises that help us process and metabolize our grief—without bypassing or pushing aside what comes to the fore. Sapara Barton includes exercises that can be done both alone and in community, including:

- Altar practices to honor and connect with ancestors known and unknown
- Locating, holding, and dancing your grief
- Sharing circles for processing communal loss
- Water, fire, and nature-based rituals
- Honoring the survival utility of numbness—and knowing when it's time to release it
- Peer support and integration
- Herbal medicines and plant-based healing

Sapara Barton honors each and every experience: The loss of displacement from homelands, from severed lineages and ancestral ways of knowing. The grief of colonization and theft. The deep heaviness that burrows into our bodies when society tells us our bodies are wrong. Practical tools and rituals help readers feel into their grief, honor what comes up, and move forward in healing.

Written specifically to center and hold the grief of BIPOC readers, *Tending Grief* is an invitation to reconnect to what we've lost, to find community in our grief, and to tend to our own suffering for our individual and collective wellbeing.

GRIEF TOOLS FOR BIPOC READERS: Resources for an underserved market whose experiences of grief are compounded by marginalization or ancestral disconnection and bound up in cultural experiences that most grief literature misses.

NEEDED BOOK ON A TIMELY TOPIC: Explores grief beyond the personal into community and societal expressions / experiences of loss. With racism, anti-trans and queer violence, climate change, displacement, gun violence, and systemic oppression top of mind, readers need up-to-date and culturally competent grief tools now more than ever.

PRACTICAL AND ACCESSIBLE: Adapted from the author's grief toolkit and written with a grieving audience in mind, information is presented in an approachable and easy-to-digest format.

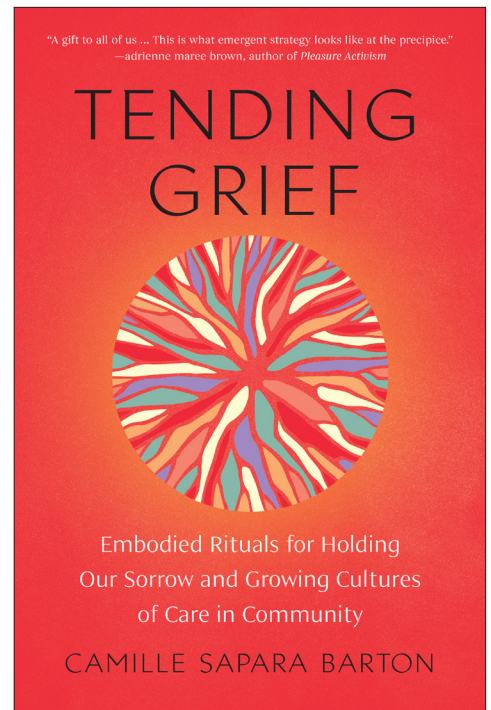
EARTH-BASED AND HERBAL MEDICINES: The final chapters include a brief section on plant-based medicines for grief as well as a research section with books, teachers, and organizations for further learning.

INDIVIDUAL AND COLLECTIVE HEALING: Offers tools for personal healing and processing grief and pain in community.

HEALING FOR ACTIVISM: Shows how metabolizing and embodying our grief can empower us to be more effective activists and show up for our communities and the planet.

AUTHOR BIO

CAMILLE SAPARA BARTON is a Social Imagineer who operates as a catalyst for social change, creating networks of care and livable futures. They work as an artist, facilitator, consultant, and curator across the realms of embodied social justice, grief, pleasure, and drug policy. Rooted in Black feminism, ecology, and harm reduction, Camille uses creativity, alongside somatics, to create culture change in fields ranging from psychedelic-assisted therapy to arts education. Camille has taught within programs for psychedelic therapists in training including Alma Institute, Psychedelic Coalition for Health, Synthesis, and CIIS. Since 2017, they have worked as a consultant with MAPS, ensuring that MDMA psychotherapy will be accessible to BIPOC and other communities disproportionately impacted by the war on drugs. Camille is currently based in Amsterdam, where they worked as the director of Ecologies of Transformation, a temporary Masters program at Sandberg Institute, researching how art-making and embodiment can create social change.



ON SALE 4/23/2024
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BISAC 1: Self-Help - Death, Grief, Bereavement
BISAC 2: Social Science - Activism & Social Justice
BISAC 3: SOCIAL SCIENCE - DEATH & DYING

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Chapter 3 Tending Grief Is Necessary within Social Movements

Chapter 4 A Conversation with Aisha from misery about Grief Work within the Club Context

Chapter 5 A Conversation with Zach from Dopo about Abortion Companionship as Community Grief Work

Chapter 6 How to Use These Grief Rituals

Chapter 7 Herbal Medicine for Grief

Chapter 8 Closing Thoughts

Further Reading

TARGET CONSUMER

PRIMARY: BIPOC readers grappling with grief, loss, and oppression on both a personal and a community/cultural level. Readers of *Healing Justice Lineages* and *My Grandmother's Hands*.

SECONDARY: Socially engaged readers of Audre Lord, adrienne maree brown, bell hooks, and Gabor Maté.

TERTIARY: Embodiment practitioners and embodied social justice leaders seeking out resources for grief processing and community healing. Engaged Buddhists and engaged mindfulness practitioners.

ANCILLARY: White readers looking to examine/decolonize their grief practices and address the harm of unmetabolized grief.

COMP TITLES

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Grieving While Black/Wade, Breeshia/TR	9781623175511	3/2/21	North Atlantic Books	\$14.95/\$19.95	2.8k
Wild Edge of Sorrow/Weller, Francis/TR	9781583949764	9/15/15	North Atlantic Books	\$18.95/\$24.95	79.7k

Dear Bi Men

A Black Man's Perspective on Power, Consent, Breaking Down Binaries, and Combating Erasure

J.R. YUSSUF

An unapologetic guide for readers who are Black, masc, and bi—unlearning biphobia, coming out, combatting erasure, and embodying your whole self

Through cutting social analysis, personal stories, and need-to-know advice, *Dear Bi Men* reclaims bi+ visibility in a culture of erasure—and unapologetically centers Blackness in a practical and deeply researched guide to navigating life, work, and relationships as a Black bi+ man.

Popular representation of bi and pansexual men is growing, but we're not there yet: It's mostly white. It collapses bisexual identity into tired, hypersexualized tropes. And it fails to interrogate the deeply entrenched stereotypes that insist: You're confused. You just don't know you're gay. You're greedy. You must be great in bed.

Author, peer counselor, and creator of #bisexualmenspeak J.R. Yussuf pushes back against these stigmas and misconceptions, exploring how white supremacy reinforces biphobia and dictates what society thinks it means to “be a man.” He contextualizes discourse around queerness and bisexuality within a larger framework that honors readers' intersecting identities. And he offers deeply practical advice, sharing how to:

- Unlearn internalized biphobia and homophobia
- Navigate an increasingly hostile digital landscape
- Think about coming out: who to tell, why to tell them, and how to do it
- Fight back against erasure and stigma
- Navigate sex, dating, partnerships, marriage, friendship, and work
- Understand your bi+ sexuality through a political lens
- Process Black bi+ representation

Rich with personal narratives, insightful analysis, and practical advice, this book is a powerful resource for Black bi+ men to reclaim their identity, counter biphobia, and get empowered—and an offering to all readers looking to fight back against the erasure and dehumanization wrought by patriarchy.

FOR BLACK BISEXUAL MEN and BIPOC men/masc folks who are pan, bi, fluid, or exploring their sexuality

FOR QUEER READERS looking to deepen their understanding of intersectional queer identity; break down binaries; and challenge cisheteronormative constructions of gender and sexuality

UNDERPUBLISHED TOPIC, UNDERSERVED MARKET: Bi/pan/fluid identity—particularly from BIPOC and masc perspectives—is sorely overlooked in queer studies.

TIMELY AND IMPORTANT: Sure to resonate among younger generations of readers who are actively breaking down constructs of gender and sexuality.

FIRST-PERSON EXPERIENCE, FRAME-CHANGING IDEAS: Yussuf speaks directly to and from the Black bi+ experience, offering accessible yet challenging ideas for readers who have dipped into gender studies and want to go deeper.

COMPLEMENTARY RESOURCES: Online supplement of reflection questions, further reading recommendations, and workbook-style prompts.

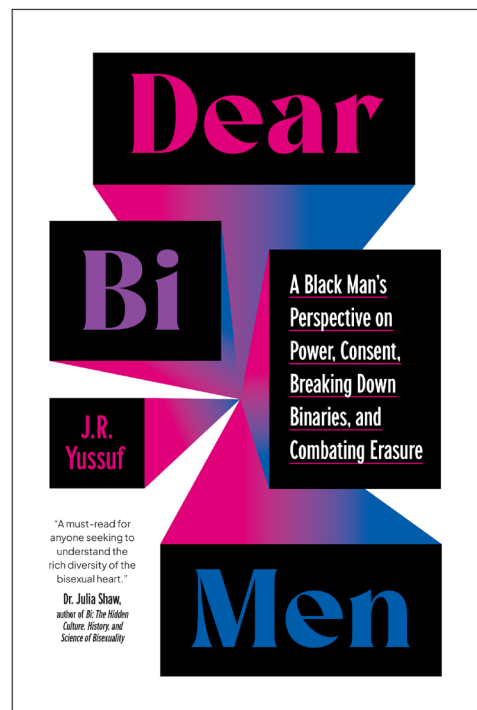
BREAKS DOWN BINARIES: Challenges the rigid “either/or”s that are embedded in our cultural constructs of sexuality and gender.

CHALLENGES TIRED IDEAS ABOUT MASCULINITY and invites readers to expand and liberate their ideas about masculinity, femininity, gender, and sexuality.

EMERGING AUTHOR PLATFORM: Yussuf has a solid and growing platform (YouTube series; #WhenBisexualMenSpeak) and has written for *Wear Your Voice*, *Men's Health*, and *Thrive*. He's invested in developing his platform further.

AUTHOR BIO

J.R. YUSSUF is the award-winning author of *The Other F Word: Forgiveness* and creator of the hashtag #BisexualMenSpeak for bisexual+ men and masculine-identified folks to have the space to speak for themselves and talk about how being bisexual+ impacts the way they move through the world. Yussuf maintains a podcast called *Let's Heal Already*, revolving around mental wellness, self-improvement, and emotional literacy. Yussuf secured a peer support certification from the Black Emotional and Mental Health Collective (B.E.A.M.) and has used his training to support countless Black bisexual/pansexual men. Yussuf's writing has appeared in *Men's Health Magazine*, *Thrive Global*, *Black Youth Project*, *Queerty*, *Queer Majority*, *Positively Positive*, *The Good Men Project*, *Escarp*, *Instigatorzine*, and *The CultureLP*.



ON SALE 4/16/2024

Rights: WORLD

TR: 9781623179687 / \$19.95/\$25.95

Page Count: 304 Trim Size: 6 x 9

BISAC 1: Social Science - LGBTQ+ Studies - Bisexual Studies

BISAC 2: Social Science - Cultural & Ethnic Studies - American - African American & Black Studies

BISAC 3: Social Science - Men's Studies

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Introduction	Health and Wellness
Understanding Yourself and Labels	Power and Consent
Unlearning Biphobia and Homophobia	Sex and Dating (and Marriage)
Man Enough: Masculinity and Femininity	Bisexuality and Spirituality
Processing Black Bisexual+ Male Representation	Bisexuality as a Politic
#BisexualMenSpeak	Questions for Reflection
Who to Tell, Why to Tell, and How to Tell Them	Epilogue
Being Out Online, Being Out in Real Life,	Resources
Being Out at Work	

TARGET CONSUMER

PRIMARY: Black bisexual men and masc. readers; Bi, pan, fluid, and questioning BIPOC men and masc. readers. We expect resonance among millennials in particular, though this book is written for people of all age groups.

SECONDARY: QTBIPOC readers broadly. Queer readers seeking new perspectives on bisexuality and Blackness. Bisexual readers of all genders seeking to broaden and deepen their queer reading library. Readers of *Refusing Compulsory Sexuality* and *Unapologetic*.

TERTIARY: Academic: Black/African American, Queer, and gender and sexuality studies. Allies, accomplices, and co-conspirators.

COMP TITLES

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Belly of the Beast/Harrison, Da'shaun L.../TR	9781623175979	8/10/21	North Atlantic Books	\$14.95/\$19.95	10.9k
Refusing Compulsory Sexuality/Brown, Sherronda J./TR	9781623177102	9/13/22	North Atlantic Books	\$17.95/\$23.95	3.8k

PSYCHOLOGY



Climate, Psychology, and Change

Reimagining Psychotherapy in an Era of Global Disruption and Climate Anxiety

STEFFI BEDNAREK

28 leading psychologists, therapists, and mental-health healers reflect on the potential—and necessity—of adapting clinical care in response to the climate crisis

With essays from Francis Weller, Bayo Akomolafe, Hāweatea Holly Bryson, and more

As the devastating impacts of the climate crisis become clear, therapists and mental-health workers are increasingly finding it necessary to integrate a response to global environmental collapse into their work with clients. Weather chaos, wildfires, heat waves, the loss of biodiversity, flash floods, and other indicators of extreme global disruption are contributing to “climate anxiety” in many of us—and in the process, exacerbating existing mental-health issues. With so many immediate and intensifying crises unfolding around us, how can therapists adapt to promote healing and growth?

Climate, Psychology, and Change brings together a diverse group of psychologists and mental-health healers calling for a sea change in the field. In this provocative and necessary collection, editor Steffi Bednarek, a psychotherapist specializing in climate psychology, suggests that what is needed is “a regenerative disturbance to the commons of our profession”—an urgent and insistent call to action, but one that is also profoundly hopeful about our potential for positive change.

Within Western paradigms, psychotherapy has been seen as a way to bring a distressed person back within the realm of the “familiar”—but when the “familiar” or the dominant norms of a society are actively contributing to global destruction, we need to fundamentally reconsider this approach. We can no longer think of therapeutic practice as bringing clients back to a baseline “normal”; rather, we need to help others—and ourselves—navigate an unknown future with skill and grace, building resilience for the struggles we can clearly see unfolding before us.

Adopting a holistic and intersectional lens, the essays here address the historical relationships between psychology as a discipline and underlying structures (such as colonialism and capitalism) driving many of our current global crises. Conversations between Indigenous healers and Western psychotherapists reflect on what a decolonization of the field might look like, and how psychologists might reframe and re-vision its essential frameworks and tools.

Other chapters dig into what psychologists have to offer the struggle for social and climate justice, such as using therapeutic tools for responding to trauma; identifying patterns in unhelpful responses to climate emergency (denial; numbness; despair); and fostering the resilience in individuals and communities that is necessary to be able to work toward creative solutions to the complex and intersecting crises we face today.

FOR PSYCHOLOGISTS AND THERAPISTS committed to social and climate justice, who want to improve their ability to support individual clients as well as to feel they’re doing their part to act in the face of global crisis

A PROVOCATIVE AND FAR-REACHING ARGUMENT for the entire field—a much needed taking-of-stock that will shift therapists’ understanding of their role as healers in the climate crisis

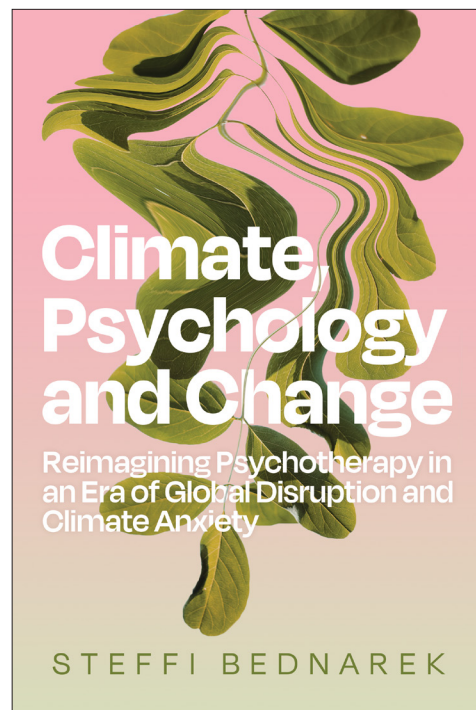
Engages in **OF-THE-MOMENT** cultural and disciplinary discourse around trauma, and especially interest in the potential for post-traumatic growth (rather than returning to an imagined earlier state of ‘normality’)

NOTABLE CONTRIBUTORS AND ENDORSEMENTS from Satish Kumar, Fritjof Capra, and Bill McKibben; includes contributions from notable authors and activists such as Francis Weller (*The Wild Edge of Sorrow*), Bayo Akomolafe (*These Wilds Beyond Our Fences*), Rosemary Randall (*Living with the Climate Crisis*, Climate Psychology Alliance), Thomas Hübl (*Healing Collective Trauma*), and Malika Virah-Sawmy (Sensemakers Collective).

SUPPLEMENTAL VIDEO CONTENT: Each chapter, written by a different leader in the field, will also be spun out into a webinar featuring notable guests and experts in that subject area, with space for readers to actively engage and discuss the topic

AUTHOR BIO

STEFFI BEDNAREK is a gestalt psychotherapist, trauma therapist, and climate psychologist. Her work explores the interface between climate change and mental health. With twenty-five years of experience in depth psychology, complexity thinking, climate psychology, and grief tending, Bednarek has worked for national governments and global institutions to prepare leaders and organizations for the psychological dimension of climate change in decision-making processes. Her work has been featured in the *Huffington Post*, BBC, David Milliband’s “Reasons to be cheerful” podcast and numerous international publications. She is the co-founder of “Explorations into Climate Psychology” journal and an associate member of the American Psychological Association’s climate change group.



ON SALE 6/18/2024
Rights: WORLD
TR: 9798889840817 / \$19.95/\$25.95
Page Count: 262 Trim Size: 6 x 9

BISAC 1: Psychology - Psychopathology - Post-Traumatic Stress Disorder (Ptd)
BISAC 2: Science - Global Warming & Climate Change
BISAC 3: Psychology - Emotions

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Transcontextual Reflections on Therapy

Steve Thorp

Psychotherapy at a Cultural Threshold

Chris Robertson

Chapter 2 Inviting the State of the World into the Consulting Room

Why Aren't We Talking about Climate Change? Defenses in the Therapy Room

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Chapter 3 The Long Shadow of Colonialism

Climate Change and Thirst

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Collective Consolation: The Paradox of Climate Cafés

Social Dreaming

Julian Manley

Warm Data Labs

Steffi Bednarek and Bec Davison

Radical Joy for Hard Times and the "Attending to Place" Practice

Harriet Sams

Tending Grief, Together

TARGET CONSUMER

PRIMARY: Psychologists, therapists, and counselors

SECONDARY: Academic markets; potential for course adoption / library sales in psychology as well as interdisciplinary programs (critical theory, ecology, etc.)

TERTIARY: Therapy clients and laypeople interested in psychology

ANCILLARY: Ecologists, environmental activists; readers of *The Wild Edge of Sorrow*

COMP TITLES

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Climate Resilience/Flanagan, Kylie/TR	9781623179021	8/1/23	North Atlantic Books	\$19.95/\$25.95	1.0k
Fresh Banana Leaves/Hernandez, PH.D., Je.../TR	9781623176051	1/18/22	North Atlantic Books	\$17.95/\$23.95	17.5k
Practical Guide Dev Trauma/Heller, Laurence PhD/TR	9781623174538	7/26/22	North Atlantic Books	\$24.95/\$33.95	7.0k

The Dissociation Made Simple Flipchart

A Visual Guide for Clinicians Working with Dissociative Clients—Addresses dissociation as a symptom of CPTSD, OSDD, DID, and trauma

JAMIE MARICH, PhD

An essential resource for psychologists, therapists, and clinicians to help clients understand dissociation, make sense of their parts, and visualize depersonalization and derealization—a stigma-free guide from the bestselling author of *Dissociation Made Simple*

An interactive dry-erasable tool for use with clients with dissociative identity disorder (DID), complex trauma, PTSD, and dissociative disorders not otherwise specified (DDNOS)

This easy-to-use, dry-erasable flip chart helps therapists break down the basics of dissociation: what it is, why it happens, and how it can be understood—and embraced—as a key part of your client's healing journey.

The full-color *Dissociation Made Simple Flipchart* builds on Jamie Marich, PhD's, bestselling book and expands your clinical toolkit. Designed to be interactive and user-friendly in-session, it offers easy-to-understand definitions, unique client-centered exercises, flexible language options, and visual activity pages thoughtfully illustrated to meet the needs of clients with different learning styles.

Use the Flipchart with clients to:

- Understand—and go beyond—dissociation and trauma 101
- Show how trauma acts on the body and brain
- Demystify terms like “parts,” “system,” and “alter”
- Build their “safe-enough” harbor
- Relate to real-life examples from people with dissociative experiences
- Understand treatment options and different approaches to dissociative symptoms
- Practice techniques for grounding, anchoring, settling, and mindfulness
- Do interactive activities like mapping their parts
- Challenge myths, biases, and stigma
- Learn about their dissociative tendencies—and discover what helps them return to the present moment

For use with clients with trauma-related dissociation, dissociative identity disorder, DDNOS, and more, the Flipchart is a compassionate and invaluable clinical resource that helps you explore complex concepts with ease—demystifying dissociation and providing a roadmap to understanding, agency, and empowerment.

FOR TRAUMA THERAPISTS AND CLINICIANS WHO TREAT DISSOCIATION, PTSD, C-PTSD, Dissociative Identity Disorder, and other conditions with dissociative symptoms

UNIQUE TOOL: First-to-market dissociation flip chart; interactive activities

DISSOCIATION ON THE RISE: Conditions with dissociation like DID and C-PTSD are being diagnosed more frequently, and clinicians need tools to keep up

REUSABLE: Dry-erasable pages so therapists can use it again and again

EASY TO USE: Helps therapists clarify complex concepts to clients

PROVEN SALES RECORD: Nearly 10K copies of *Dissociation Made Simple* sold in 6 mos.

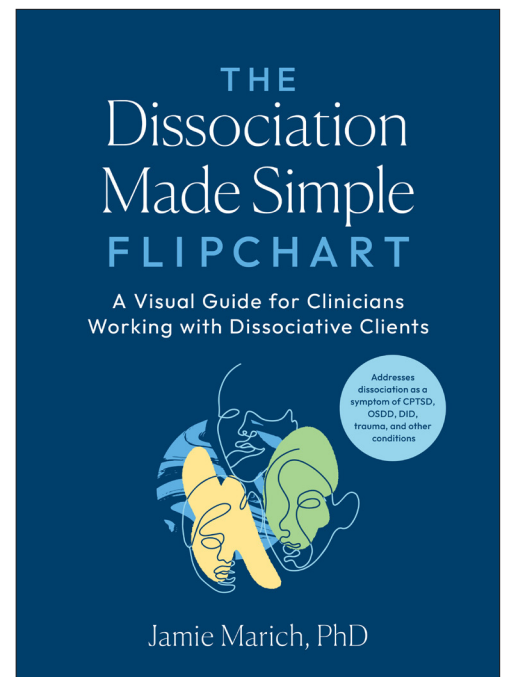
STIGMA-FREE, SHAME-FREE: Helps clients relate to their dissociation without judgment; shares practical coping tools without denigrating their conditions

ADAPTED FROM LEADING BOOK: Expands on the first and most successful book of its kind for client education

FULL-COLOR VISUAL AID with activities and new ways to understand tricky concepts

AUTHOR BIO

JAMIE MARICH, Ph.D. (she/they) speaks internationally on topics related to EMDR therapy, trauma, addiction, dissociation, expressive arts, yoga, and mindfulness, and maintains a private practice in her home base of Akron, OH. Marich has written numerous books, notably *Trauma and the 12 Steps: An Inclusive Guide to Recovery*. She has won numerous awards for LGBT+ and mental health advocacy, specifically in reducing stigma around dissociative disorders through the sharing of her own lived experience.



ON SALE 6/4/2024
 RIGHTS: WORLD
 NT: 9798889840299 / \$25.95/\$34.95
 Page Count: 44 Trim Size: 9 x 12-1/2

BISAC 1: Psychology - Psychopathology - Dissociative Identity Disorder
 BISAC 2: Psychology - Psychopathology - Post-Traumatic Stress Disorder (Ptsd)
 BISAC 3: Psychology - Clinical Psychology

TARGET CONSUMER

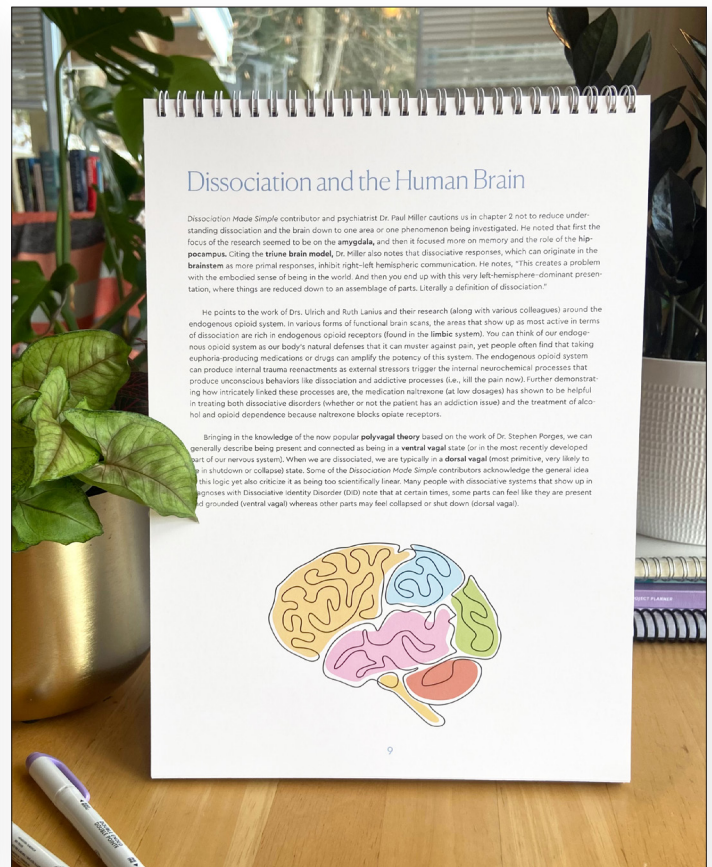
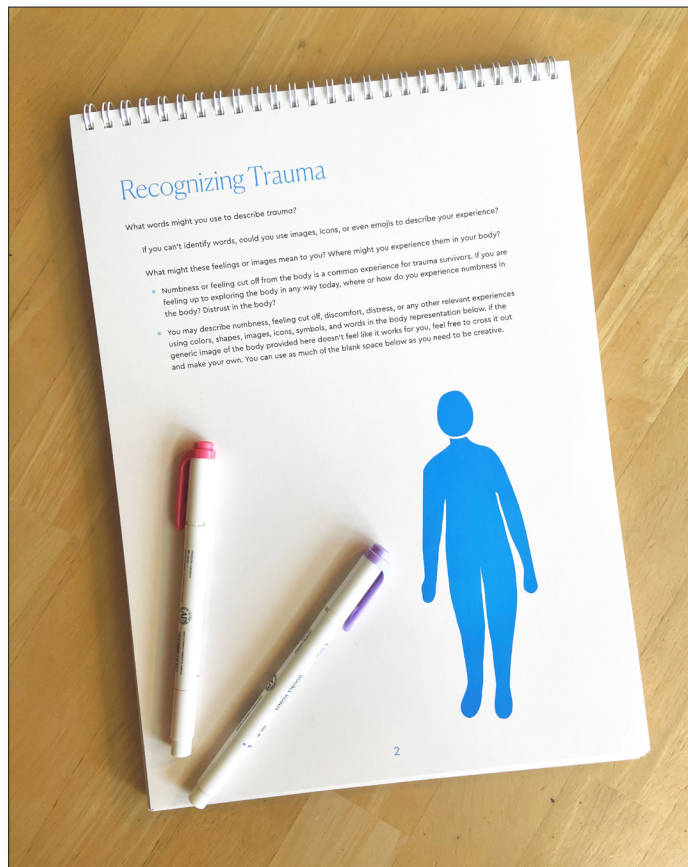
PRIMARY: Clinicians who specialize in working with clients who have dissociative conditions like DID and PTSD

SECONDARY: Mental health clinicians who work with clients who experience symptoms of dissociation, derealization, and depersonalization

TERTIARY: Teaching tool and/or self-help reference for people with DID or other dissociative disorders

COMP TITLES

Author's Similar Titles	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Dissociation Made Simple/Marich, Jamie Phd/TR	9781623177218	1/10/23	North Atlantic Books	\$17.95/\$23.95	7.8k
Trauma 12 Steps Workbook/Marich, Jamie Phd/TR	9781623179328	8/29/23	North Atlantic Books	\$15.95/\$21.95	1.2k
Trauma 12 Steps Rev/Marich, Jamie/TR	9781623174682	7/7/20	North Atlantic Books	\$18.95/\$24.95	9.8k
Author's Other Titles	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Transforming Trauma Jiu-Jitsu/Marich, Jamie Phd/TR	9781623176150	3/15/22	North Atlantic Books	\$18.95/\$24.95	2.5k



MIND BODY SPIRIT



Red Tarot

A Decolonial Guide to Divinatory Literacy

CHRISTOPHER MARMOLEJO

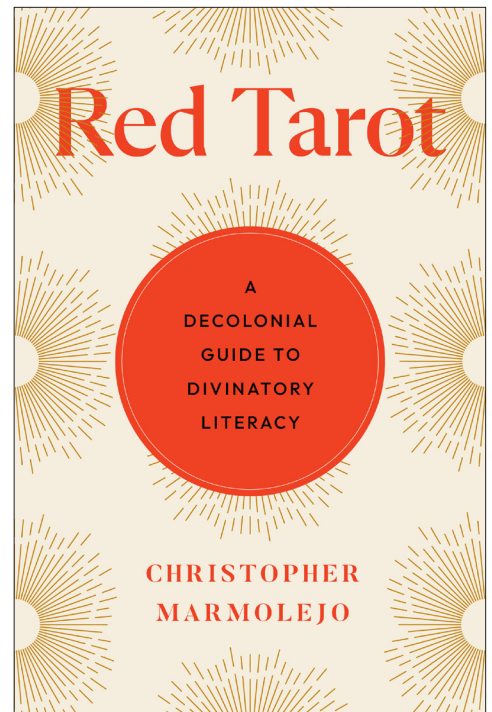
Designed to be used with any deck, *Red Tarot* is a radical praxis and decolonized oracle that moves beyond self-help and divination to reclaim tarot for liberation, self-determination, and collective healing.

For readers of *Postcolonial Astrology* and *Tarot for Change*

Red Tarot speaks to anyone othered for their identity or ways of being or thinking—LGBTQIA2S+ and BIPOC folks in particular—presenting the tarot as a radical epistemology that shifts the authority of knowing into the hands of the people themselves.

Author Christopher Marmolejo frames literacy as key to liberation, and explores an understanding of tarot as critical literacy. They show how the cards can be read to subvert the dynamics of white supremacist-capitalist-imperialist-patriarchy, weaving historical context and spiritual practice into a comprehensive overview of tarot.

Situating tarot imagery within cosmologies outside the Hellenistic frame—Death as interpreted through the lens of Hindu goddess Chhinnamasta, the High Priestess through Aztec goddess Coyolxauhqui—Marmolejo's *Red Tarot* is a profound act of native reclamation and liberation. Each card's interpretation is further bolstered by the teachings of Toni Morrison, bell hooks, Paulo Freire, José Esteban Muñoz, and others, in an offering that integrates intersectional wisdom with the author's divination practice—and reveals tarot as an essential language for liberation.



FOR READERS OF TAROT FOR CHANGE AND POSTCOLONIAL ASTROLOGY: broadens the practice of tarot for personal growth and acceptance and offers a rich, innovative, decolonizing approach.

CAN BE USED WITH ANY DECK: Marmolejo encourages a re-reading of the cards that can be used alongside any tarot deck

INCORPORATES ASTROLOGY and other spiritual practices with a focus on collective healing and liberation

NON-APPROPRIATIVE SPIRITUALITY: Offers a history and overview of tarot, complementary practices, and card interpretations through the lens of liberation

INCLUDES JOURNAL PROMPTS for the major cards as well as an analysis of the astrological correspondences for every card

AUTHOR EXPERIENCE AND REACH: With Marmolejo's experience as an educator, they uniquely frame literacy as the legacy of liberation and an understanding of tarot as radical literacy. Marmolejo has spoken on spirituality podcasts and published articles on tarot and related topics; they also lead classes and have an active newsletter

PRESENTS TAROT AS A CRITICAL PRACTICE FOR SELF-DETERMINATION AND SOCIAL CHANGE

AUTHOR BIO

CHRISTOPHER MARMOLEJO is a queer Indigenous teacher committed to radical community healing and building. They bring traditional teaching experience as an English teacher, intensive study as an astrologer, and their personal articulation of the tarot archetypes to their classes, workshops, and consultations as they seek to liberate through critical pedagogy and transgressive truth-telling. Marmolejo has facilitated emotional wellness programs with the Center for Community Action and Environmental Justice for the Inland Empire, and has worked with the organization Artists in Solidarity to offer their services to raise money for migrant families and children.

ON SALE 3/5/2024

Rights: WORLD

TR: 9781623178475 / \$25.95/\$34.95

Page Count: 448 Trim Size: 6 x 9

BISAC 1: Body, Mind & Spirit - Divination - Tarot

BISAC 2: Body, Mind & Spirit - Astrology - General

BISAC 3: Social Science - Native American Studies

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TARGET CONSUMER

PRIMARY: equity-minded tarot readers and tarot enthusiasts, particularly those who are LGBTQIA+, Black, brown, Native, or othered because of their identity or way of being or thinking

SECONDARY: equity-minded astrologers and astrology enthusiasts interested in broadening their understanding of spirituality through adjacent/overlapping disciplines

TERTIARY: educators and activists interested in different entry points to decolonizing

COMP TITLES

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Holistic Tarot/Wen, Benebell/TR	9781583948354	1/6/15	North Atlantic Books	\$29.95/\$35.00	29.4k
Postcolonial Astrology/Sparkly Kat, Alice/TR	9781623175306	5/18/21	North Atlantic Books	\$17.95/\$23.95	9.1k
Missing Witches/Dickens, Risa/TR	9781623175726	3/23/21	North Atlantic Books	\$17.95/\$23.95	8.2k



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